

# Cajun Catfish

Catfish is breaded with cornmeal and baked in the oven for a healthier way to add flavor and crunch!

Makes: 4 Servings

Source: [MyPlate.gov](http://MyPlate.gov)



Small Changes,  
BIG Difference!

## Ingredients

- 1/4 cup cornmeal (about 4 tablespoons)
- 1/2 tablespoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 3/4 teaspoon lemon pepper seasoning, no salt added
- 1/8 teaspoon salt
- 1 pound catfish fillets, frozen, thawed, drained

## Directions

1. Preheat oven to 400°F. Spray a baking sheet with cooking spray.
2. Combine cornmeal and spices in a shallow dish.
3. Dip each fillet in the cornmeal mixture. Coat evenly.
4. Place fillets on a baking sheet.
5. Bake 20–25 minutes flipping catfish halfway through. Catfish should reach a final internal cook temperature of 145 F as measured with a food thermometer before serving.



## Nutrition Information

Serving Size: 1 fillet

Nutrients	Amount
Calories:	120
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	59 mg
Sodium:	120 mg
Total Carbohydrates:	7 g
Dietary Fiber:	1 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	16 g

## Utensils Needed

- Baking sheet
- Measuring cups and spoons
- Shallow dish

# SHOPPING LIST

Average total cost without oil and seasonings: \$24.97

Average cost/serving: \$6.24

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Catfish, frozen, 1 lb.



Add 1 to Cart  
Cornmeal

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- This recipe contains one or more ingredients considered to be traditional or indigenous to Native American communities in certain regions across North America.

### Similar Recipes

- Cornbread with Spicy Blackeye Peas
- Crispy Parmesan Baked Fish



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.