

CORNMEAL PAPRIKA CRUSTED CATFISH FIT

Serving size: 1 Fillet

Makes 4 servings

- 1 lb Catfish, fresh
- 1 tsp Cayenne Pepper
- 1 ½ tsp Ground Paprika
- 1 tsp Onion Powder
- 1 tsp Granulated Garlic
- ½ cup Low Fat Buttermilk
- 1 cup Yellow Cornmeal
- 3 TBSP Canola Oil

Preparation:

1. Cut catfish into 4 oz portions.
2. Combine cayenne, paprika, onion powder, and granulated garlic. Sprinkle catfish fillets evenly with spice mix.
3. Add buttermilk to a shallow pan.
4. Place cornmeal on a large rimmed plate or tray.
5. Dip seasoned catfish in buttermilk, shake off excess. Then dredge in cornmeal on both sides.
6. Pan fry coated catfish in canola oil on medium heat until browned and crispy on the outside and internal temperature reaches 145°F.



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NUTRITION FACTS PER SERVING

calories	330
total fat (g)	17
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	21
dietary fiber (g)	1
sugar (g)	2
protein (g)	21