

Oven Fried Catfish

We discovered over the weekend, that our daughter who typically only wants to eat chicken nuggets or peanut butter and jelly sandwiches, really likes fried catfish. Especially when that catfish is "Fried" in the oven.

- 1 (6.5 ounce) package of cornbread mix
- 1 cup all purpose flour
- 2 egg whites
- 1/2 cup skim milk
- 1 tsp. creole seasoning
- 2 pounds catfish fillets

Preheat the oven to 450°F. Spray a baking sheet with non stick cooking spray.

In a shallow bowl, combine the flour, creole seasoning, and cornbread mix together. In a small bowl, combine the egg whites and skim milk together.

Dip the catfish into the flour mixture, then into the egg mixture, and then in to the flour mixture again.

Place on baking sheet and bake until the fish flakes easily (about 6 minutes)

Nutrition Facts

Serving Size 1/6 recipe
Servings Per Container 6

Amount Per Serving

Calories 257 Calories from Fat 54

% Daily Values*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 82mg **27%**

Sodium 289mg **12%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 25g **50%**

*Percent Daily Values are based on a 2,000 calorie diet.

