

Cornmeal-Battered Oven-Fried Catfish



main meals

POINTS® Value: 5

Servings: 4

Preparation Time: 15 min

Cooking Time: 15 min

Level of Difficulty: Easy

For a simple, southern-inspired dinner, serve the fish over mesclun greens tossed with a little rice vinegar.

Ingredients

- 1/2 cup(s) uncooked yellow cornmeal
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp table salt
- 1/2 tsp celery seed
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper, freshly ground
- 1/2 cup(s) fat-free skim milk
- 2 spray(s) cooking spray
- 1 pound(s) catfish fillet(s), cut into 4 pieces
- 1 pound(s) asparagus, steamed
- 1 medium lemon(s), quartered

Instructions

Preheat oven to 425°F. Coat a large nonstick baking sheet with cooking spray.

In a shallow soup bowl, combine cornmeal, paprika, thyme, salt, celery seeds, onion powder, garlic powder and pepper. Pour milk into another shallow soup bowl.

Dredge fillets first in milk and then in cornmeal mixture, coating both sides and pressing cornmeal mixture gently to adhere. Place coated fillets on baking sheet and lightly spray each with cooking spray.

Bake until cooked through, about 15 minutes. Let stand at room temperature 2 minutes before serving with asparagus and lemon wedges. Yields 1 fillet and 1/4 of asparagus per serving.

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