



Quick Cajun Catfish



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 290, calories from fat 100,
total fat 11g, saturated fat 2.5g,
cholesterol 85mg, sodium 710mg,
total carbohydrate 15g, dietary
fiber 2g, sugars 2g, protein 31g,
vitamin A 8%, vitamin C 15%,
calcium 2%, iron 6%

- ¼ cup nonfat buttermilk
- 2 tsp Dijon mustard
- ½ cup cornmeal
- 1 tsp salt
- 1 tsp paprika
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp dried thyme
- ¼ tsp cayenne pepper
- ½ tsp freshly ground pepper
- 4 catfish fillets (1 ¼ lbs)
- 4 lemon wedges

DIRECTIONS:

1. Preheat broiler. Lightly oil a wire rack large enough to hold fish in a single layer. Place the rack on a baking sheet.

2. Whisk buttermilk and mustard in a medium bowl until smooth. Combine cornmeal, salt, paprika, onion powder, garlic powder, thyme, cayenne pepper, and black pepper in a shallow dish. Dip each fillet in the buttermilk mixture, turning to coat. Transfer to the cornmeal mixture, turning to coat completely. Place the fillets on the prepared rack; they should not touch.

3. Broil 4 inches from the heat source until the fish is opaque and flakes in the center, about 3 to 4 minutes per side, depending on thickness. Serve hot with lemon wedges.

Source: EatingWell for a Healthy Heart Cookbook

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1 lemon

MEAT/POULTRY/SEAFOOD:

- 4 catfish fillets

DAIRY:

- Nonfat buttermilk

**WHOLE GRAINS/
BREADS/PASTA:**

- Cornmeal

SPICES/SEASONINGS:

- Salt
- Paprika
- Onion powder
- Garlic powder
- Dried thyme
- Cayenne pepper
- Ground black pepper

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Food Club Dijon mustard

FOLD