



Baked Catfish

Source: Adapted from Homemade with Love Cookbook, Howard County Extension Homemakers / **Yield:** 1 (4 oz.) fillet; 132 Calories per serving. Total fat 3.4g; Saturated fat 1.5g; Protein 11g; Total carbohydrate 14g; Calcium 117 mg, 411 mg Sodium

INGREDIENTS:

- ¼ cup yellow cornmeal
- ¼ cup all-purpose flour
- ¼ cup grated Parmesan cheese
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ⅛ teaspoon ground red pepper
- 1 egg white
- 2 tablespoons skim milk
- 4 (4 oz.) catfish fillets
- Butter-flavored cooking spray
- ½ teaspoon sesame seeds

DIRECTIONS:

1. Combine cornmeal, flour, parmesan cheese, paprika, salt, black pepper and red pepper; set aside.
2. Whisk together egg white and milk.
3. Dip fish fillets in milk mixture and dredge in cornmeal mixture.
4. Place on a foil-lined baking sheet coated with cooking spray.
5. Sprinkle fillets with sesame seeds and coat each fillet with cooking spray.
6. Bake at 350°F for 30 minutes or until fish fillets flake easily when tested with a fork.
7. Serve with lemon wedges.