

**Carla Due**, Miller County Extension Agent



## Cajun Catfish

**Source:** Cooking with Extension / **Yield:** 4 servings | 173 Calories per serving. Total fat 11g; Total carbohydrate 1g; Dietary fiber 0g, Sodium 52mg.

### INGREDIENTS:

- 1 tablespoon Cajun or Creole seasoning
- 4 catfish fillets
- 1 tablespoon olive oil, margarine or butter
- 2 teaspoons chopped fresh parsley

### DIRECTIONS:

1. Sprinkle seasoning on both sides of fish. Refrigerate 1 hour (if you have time).
2. Melt oil in large heavy skillet or griddle over high heat. Add fish and cook about 8 minutes, turning fish two or three times. Fish is done when the thickest part of fish flakes when tested with a fork.
3. Serve hot, garnished with chopped parsley and lemon.