

Pan-Fried Catfish

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

30 MINUTES | SERVES 4

INGREDIENTS

- ¼ cup whole wheat or spelt flour
- ¼ cup cornmeal
- 1 teaspoon seafood seasoning
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- 4 catfish fillets, up to 6 ounces each, rinsed and patted dry
- 4 tablespoons peanut oil

DIRECTIONS

1. Combine flour, cornmeal, seafood seasoning, paprika, and pepper in a flat dish (plate or small baking pan). Dredge fish in flour mixture
2. In large skillet, heat oil over medium-high heat. Add floured fish to skillet and pan-fry until golden brown, about 5 minutes per side. Pan-fry in batches if needed, depending on the size of skillet and fillets. Transfer fish to towel-covered plate to remove excess oil and serve warm.

NUTRITION FACTS

339 calories, 19g fat, 4g saturated fat, 176mg sodium, 12g carbohydrate, 2g fiber, 0g sugar, 30g protein