



Catfish

“This recipe is simple, has no flour (a gluten free recipe), and is a healthier fried version of cooking fish. My mother use to cook fresh-caught trout the same way, yum!” – Diane

Prep Time: 5 min.

Cook Time: 10 min.

Ready In: 15 min.

Serving Size: 8 servings

Ingredients

- ✓ 8 catfish fillets
- ✓ 1 ½ cups of cornmeal
- ✓ 1 teaspoon of garlic salt
- ✓ 1 teaspoon of sea salt (optional)
- ✓ 1 tablespoon Creole Seasoning (or some other type of Cajun seasoning)
- ✓ 3 tablespoons of olive oil

Directions

1. Mix cornmeal, garlic salt, and sea salt in a medium sized bowl.
2. Heat olive oil on medium heat in a large pan.
3. Coat both sides of catfish with cornmeal mixture in bowl.
4. Cook in pan for roughly 10 minutes.

Nutrition

Amount per serving

- ❖ Calories: 247
- ❖ Total Fat: 11 g
- ❖ Total Carbs: 18 g
- ❖ Protein: 21 g
- ❖ Cholesterol: 60 mg
- ❖ Sodium: 678 mg
- ❖ Potassium: 66 mg