



Cajun Catfish

4 servings

Ingredients:

- 1 Tablespoon low-salt Cajun or Creole seasoning
- 4 catfish fillets
- 1 tablespoon margarine or butter
- 2 teaspoons chopped fresh parsley or dill

Directions:

1. Sprinkle seasoning on both sides of fish. Refrigerate 1 hour (if you have time.)
2. Melt margarine in large heavy skillet or griddle over high heat. Add fish and cook about 8 minutes, turning fish two or three times until thickest part of fish flakes.
3. Serve hot, garnished with chopped herbs and lemon.

Calories 173, Fat 11g, Protein 17g, Fiber 0g, Sodium 52mg, Carbohydrate 1g