



BAKED CATFISH

June 25

National Catfish Day

INGREDIENTS

- 1 Pound Frozen Catfish Filet
- ¼ Cup Olive Oil
- 1 Cup Cornmeal
- 1 Tablespoon Cajun Seasoning
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 425° and drizzle 2 tablespoons oil on a large baking sheet.
2. On a large plate, combine cornmeal and Cajun seasoning.
3. Season catfish with salt and pepper, then dredge fish in seasoned cornmeal, pressing to coat.
4. Place fish on prepared baking sheet and drizzle with remaining 2 tablespoons oil.
5. Bake until golden and fish flakes easily with a fork, 15 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

13 Ounces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces