

Baked Cajun Catfish Fillets

2 Tbsp Yellow Cornmeal
2 tsp Cajun Seasoning
½ tsp Dried Thyme
½ tsp Dried Basil
¼ tsp Garlic Powder
¼ tsp Lemon Pepper

Preheat oven to 400°F.
Coat baking sheet with cooking spray.
Mix all ingredients in a shallow bowl
Dip 2 – 6 oz. Catfish Fillets in cornmeal mixture to coat both sides. Place on a baking sheet.
Sprinkle fillets with Paprika.

Bake 20-25 minutes until fish flakes easily with fork.



Photo Credit: Taste of Home