

## *Blackened Catfish*

### Ingredients:

- 1 teaspoon cayenne pepper
- 2 teaspoons lemon pepper
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 2 teaspoons pepper
- 1 pound catfish fillets
- 2 tablespoons butter
- 1 cup Italian-style salad dressing



### Instructions:

1. Preheat oven to 350°F. Lightly grease a medium baking dish.
2. In a shallow, medium bowl, mix cayenne pepper, lemon pepper, garlic powder, salt and pepper.
3. Brush both sides of catfish fillets with butter. Rub fillets with the cayenne pepper mixture on both sides.
4. Heat a large heavy skillet over medium-high until very hot. Add fillets, and fry approximately 2 minutes on each side until slightly blackened.
5. Arrange blackened fillets in a single layer in the prepared baking dish, and coat with Italian-style dressing. Bake 30-35 minutes, until fish is done and flakes easily with a fork.