

Lemon Pepper Parchment Catfish

2 Catfish Fillets (approx 6 oz. each)
2 parchment squares about 10"x10"
2 teaspoons lemon pepper seasoning
Cooking Spray

Instructions:

Spray the parchment paper with cooking spray.
Season each parchment with 1 teaspoon of lemon pepper seasoning, coat evenly.
Lightly spray the parchment again.
Place the catfish on one side of the parchment and fold the paper over.

Preheat pan on medium low for 2 minutes.
Add the parchment wrapped fish to the hot skillet.
Cook for 10 minutes.
Flip the fish and cook additional 7 minutes.
Serve immediately.

