



Skillet Catfish

30 Minutes or Less

High Protein

Ingredients

Servings: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

- 1/8 cup **cornmeal, flour, or breadcrumbs**
- 1 tsp. dried **oregano**
- 1/2 tsp. **cayenne pepper**
- 1 tsp. dried **thyme**
- 1 tsp. **paprika**
- 1/2 tsp. **salt**
- 1/2 tsp. **black pepper**
- 4 (4 oz.) **catfish filets**, thawed
- 2 tsp. **vegetable oil**
- 1/4 of a **lemon or lime**, cut into wedges

Thawing instructions: Remove fish from its packaging and thaw overnight in the refrigerator. If you are short on time, seal fish in a plastic bag and submerge it into a bowl of cold water until thawed. Change water every 30 minutes.

Directions

1. To prepare the spice rub, put cornmeal, oregano, cayenne pepper, thyme, paprika, salt and pepper on a plate and combine well.
2. Dredge both sides of each catfish filet in the spice mixture.
3. Put the skillet on the stove and turn the heat to High.
4. When the skillet is hot, add the oil. Add the fish and cook for about 4 minutes on each side, until browned and cooked through.
5. Serve right away, garnished with lemon or lime wedges.

Recipe adapted from Myplate.gov