

Kitty's Katfish

(My low fat, low calorie, faux fried catfish recipe that's good for you!)



Totals per entire recipe (Usually makes 3 - 4 servings so divide totals based on that):

Calories 695 Fat 10g Fiber 3g Carbs 57g

What you'll need:

- | | |
|----------------------------------|--|
| 1 Cup whole wheat flour | 1 tsp ground black pepper |
| 1 Cup cornmeal (not self-rising) | 1 tsp ground thyme |
| 2 T Lawry's seasoned salt | 1 Cup skim milk |
| 2 T Garlic salt | 1 Lb raw catfish filets cut into 4" pieces |
| 1 Gallon baggie | Metal skewers |
| Medium bowl | Baking pan or casserole dish with raised edges |
| Butter flavored cooking spray | |

Let's get to cooking!

1. Preheat oven to 350°.
2. Pour all dry ingredients into a gallon baggie and shake well.
3. Pour skim milk into a medium bowl and place filets in the milk.
4. Put 4 filets in the baggie with the dry batter mix and shake until completely coated.
5. Place the coated filets on a plate and generously spray them with butter flavored cooking spray.
6. Make a raised cooking surface on your baking pan by laying the skewers across the raised edges of the pan so they form a grill, (or use a metal cooling rack). Spray the raised grill with cooking spray. (See photo above for both ways to do this.)
7. Lay the filets "sprayed" side down on the grill, then spray the "up" side.
8. Repeat steps 3-7 with remaining filets until all of your fish is ready to bake (faux fry).
9. Bake 25 minutes or until golden brown and the fish flakes apart when cut with a fork.
10. Serve with **Kitty's Lighter Weigh** Cocktail or Tartar sauce (or both!)

The great folks of Winona Talk inspired this **Kitty's Lighter Weigh** recipe.