

Frozen Catfish



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Catfish is a mild white fish with a moist texture. This product comes in frozen fillets.

How To Use It

Catfish fillets may be baked, broiled, or grilled. Serve with tartar or yogurt sauce, lemon, or over rice or vegetables.

How To Store It

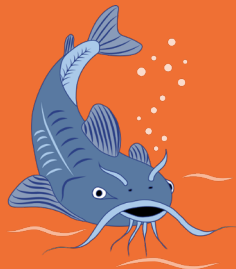
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Catfish is low in calories and packed with lean protein, heart-healthy fats, vitamins, and minerals.

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Ingredients

- Cooking spray
- 4 tablespoons cornmeal
- ½ tablespoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- ¾ teaspoon lemon pepper seasoning, no salt added
- ⅛ teaspoon salt
- 1 lb. catfish fillets, frozen, thawed, drained

Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh initiative.

Directions

Wash hands with soap and water.

1. Preheat oven to 400 °F. Spray a baking sheet with cooking spray.
2. Combine cornmeal and spices in a shallow dish.
3. Dip each fillet in the cornmeal mixture. Coat evenly.
4. Place fillets on a baking sheet.
5. Bake 20–25 minutes flipping catfish halfway through. Catfish should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.

