

# Broiled Cajun Catfish

*This flavorful fish is perfect for anytime of the year. With a touch of Cajun style this catfish meal is sure to satisfy your taste buds.*

Recipe Type: Fish and Shellfish, Main Dish

Degree of Difficulty: Easy

## Ingredients

4 Catfish fillets (4 oz. each)  
¼ cup Buttermilk  
½ cup Yellow cornmeal  
½ tsp cayenne pepper  
½ tsp black pepper  
1 tsp paprika  
½ tsp salt  
½ tsp onion powder  
½ tsp garlic powder



## Directions

- 1 Preheat the broiler.
- 2 Lightly spray broiler pan with cooking spray.
- 3 Wash the fish fillets and pat dry.
- 4 Place the catfish fillets in a shallow dish.
- 5 Pour the buttermilk over the fillets and turn over to completely coat.
- 6 In a separate bowl, mix together the remaining ingredients.
- 7 Take each catfish fillet and shake off excess buttermilk.
- 8 Place in the cornmeal mixture to completely cover each fillet and place on broiler pan.
- 9 Place the broiler pan about 4 inches from the heat.
- 10 Broil for about 3 minutes per side or until done in the center.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Total Time: 16 minutes

## Nutrition Facts

Nutrition (per serving): 259 calories, 10.4g total fat, 2.3g saturated fat, 88.1mg cholesterol, 469.7mg sodium, 14.2g carbohydrates, 1.9g fiber, 1.1g sugar, 26.4g protein.

Servings: 4

## Weight Watchers Points

Note: The catfish fillets were not used when calculating the FreeStyle SmartPoints

Orig. WW Pts: 6

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 2

## Tips

Sauté up some veggies to make a nice healthy side to this fish recipe.