

Baked Catfish

Ingredients:

- 1 cup Corn Flake Crumbs
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 tsp Cayenne pepper
- 1 Egg
- 1 lb Catfish Filets



Directions

1. Preheat oven to 475 degrees.
2. Combine corn flake crumbs, onion powder, garlic powder, and cayenne pepper in plastic bag. Mix thoroughly.
3. Beat egg in a small mixing bowl. Dip catfish fillets in beaten egg and then coat with corn flake mixture.
4. Place coated catfish fillets in a nonstick baking pan. Bake for 30 minutes switching sides every 10 minutes (one side will face the pan twice).

Why Baked Over Fried?

Baking doesn't require oil or grease to cook the fish, so it cuts back on excess fat from oils. Since frying, both deep-frying and pan-frying alike, uses higher temperatures than baking, there is some loss of important nutrients.