



THE BUTCHER SHOPPE

Oven-Fried Catfish

Ingredients

2 cups Cornflakes Cereal

3/4 tsp. Celery Salt

1/4 tsp. Onion Powder

1/2 tsp. Ground Black Pepper

Dash of Salt

4 (6-ounce) Skinless Catfish Fillets, halved

Preparation

Place cereal in a zip-top freezer bag. Seal and crush to measure 3/4 cup crumbs, using a meat mallet or rolling pin. Combine crumbs, salt and next 3 ingredients in a shallow dish. Coat both sides of fish with cooking spray. Dredge fish in crumb mixture, pressing gently to coat. Arrange fish in a single layer on a baking sheet coated with cooking spray. Coat tops of fish with cooking spray.

Bake at 400° for 21 minutes or until fish flakes easily when tested with a fork. Yield: 4 servings.