



The Right Bite
Broiled Catfish Fillets
(from the Kitchen of Jenilee Lemmon)

2 Servings Ingredients

You'll Need:

2 catfish fillets (3/4 pound)
1/8 teaspoon salt
1/2 teaspoon lemon pepper

Take Out:

Broiler pan
Non-stick cooking spray
Spatula
Tongs

Directions:

1. Spray broiler pan and both sides of fish with non-stick cooking spray. Place on broiler pan skin side up.
2. Broil about 7-8 inches from broiler unit or flames about 5-7 minutes per side, or until fish is opaque when flaked.
3. Season top side of fish with salt and lemon pepper. Serve immediately.
Note: For those who have a diet severely restricted in sodium, simply use more lemon pepper and no salt.

Nutrition Facts per Serving:

Calories	240
Carbohydrate	0
Fat	10 grams
Sodium	198 mg
Protein	38 grams

Exchanges: 4 1/2 meat