

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

2 Servings

**You'll Need:**

2 catfish fillets ( $\frac{3}{4}$  pound)  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon lemon pepper

**Take out:**

Broiler pan  
Non-stick cooking spray  
Spatula  
Tongs

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.

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

Exchanges: 4  $\frac{1}{2}$  Meat