

Cajun Baked Fish

You need:

1 lb catfish filets
¼ cup mayonnaise
¼ teaspoon crushed red pepper
½ teaspoon ground cumin
¼ teaspoon onion powder
¼ teaspoon garlic powder
½ cup crushed cracker
Lemon juice (optional)

Equipment:

Measuring cups
Measuring spoons
Microwave dish
Pastry brush

1. Mix mayonnaise and spices.
2. Coat fish on both sides with mayonnaise mixture and roll in cracker crumbs.
3. Arrange fish on microwave rack or in casserole dish, thickest portions to the outside.
4. Microwave on high power (100%) for 3–4 minutes. Let stand a few seconds and check for doneness. Fish will flake easily when done.

Be careful not to overcook fish, as it will become very tough. Meat, poultry, vegetables and fruit cook in approximately 6 minutes per pound, but fish and seafood take only 3–4 minutes per pound. Orange roughy or other mild white fish are good substitutes for the catfish in this dish.

Nutrients:

Total calories: 725
Total fat: 238 g
Cholesterol: 447 mg
Saturated fat: 39 g
Sodium: 2584 mg
Carbohydrate: 51 g
Calcium: 246 mg