



## 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: 238g  
Cholesterol: 447mg  
Saturated fat: 39g  
Sodium: 2584mg  
Carbohydrate: 51g  
Calcium: 246mg