

Broiled Catfish Filets

Yield: 2 servings

INGREDIENTS

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

INSTRUCTIONS

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
3. until fish is opaque when flaked.
4. Season top side of fish with salt and lemon pepper. Serve immediately.

NOTES

Serving Size: 1 filet

Nutrition Facts per Serving:

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

Source: Jenilee Lemmon