



Cajun Catfish with Tomato-Corn Relish

Prep: 20 minutes

Bake: 25 minutes • Serves: 4

Catfish

- 2 tablespoons light mayonnaise
- 3 teaspoons chopped fresh Italian parsley leaves
- 3 teaspoons Cajun seasoning
- ½ teaspoon Dijon mustard
- ¾ cup panko breadcrumbs
- 2 tablespoons grated Parmesan cheese
- Nonstick cooking spray
- 4 fresh catfish fillets (about 1½ pounds)

Tomato-Corn Relish

- 1 teaspoon canola oil
- 1 celery rib, diced
- 1 medium yellow onion, diced
- ½ green bell pepper, diced
- 2 cups frozen whole kernel corn
- ⅔ cup grape tomatoes, each cut into quarters
- 1 dash hot sauce

1. Prepare Catfish: Preheat oven to 375°. In small bowl, combine mayonnaise, 1 teaspoon parsley, ¾ teaspoon Cajun seasoning and mustard. In separate small bowl, combine breadcrumbs with Parmesan.

2. Spray 13 x 9-inch glass or metal baking dish with nonstick cooking spray. Arrange catfish in baking dish. Spread mayonnaise mixture evenly over fillets, then sprinkle with panko mixture, patting lightly so panko adheres. Bake 25 minutes or until catfish turns opaque throughout and reaches an internal temperature of 145°.

3. Meanwhile, prepare Tomato-Corn Relish: In large skillet, heat oil over medium-high heat. Add celery, onion and bell pepper, and cook 3 minutes, stirring occasionally. Stir in corn, tomatoes and remaining 2¼ teaspoons Cajun seasoning, and cook 2 to 3 minutes or until vegetables are tender and heated through, stirring frequently. Remove skillet from heat. Stir in remaining 2 teaspoons parsley and hot sauce. Top catfish with relish to serve.

Approximate nutritional values per serving: 330 Calories, 9g Fat (25% of total calories), 2g Saturated Fat (5% of total calories), 87mg Cholesterol, 377mg Sodium, 35g Carbohydrates, 5g Fiber, 30g Protein

*Dietary Exchanges:
2 Starch; 4 Protein; 2 Fat*

Catfish is an excellent source of omega 3 & 6 fatty acids, making it a heart-healthy choice.