

Baked Catfish Parmesan with Sliced Almonds

Jeff Campbell

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*6 to 8 (two pound total)
catfish fillets
1/2 cup grated Parmesan
cheese
1/4 cup flour
1 teaspoon paprika
2 eggs, lightly beaten
2 tablespoons milk
1/2 cup butter, melted
1/4 cup sliced almonds
pepper*

Preheat the oven to 350 degrees.

Wipe the fillets dry with paper towels.

On a sheet of waxed paper (or a flat dish), combine the cheese, flour, paprika and pepper.

In a second flat dish, combine the egg and milk.

Dip the fillets in the egg mixture, then dredge them in the flour mixture.

Arrange the fillets in a single layer in a baking dish. Pour the melted butter over the fillets. Scatter the almonds over the top.

Bake, uncovered, for 20 minutes.

Per Serving (excluding unknown items): 400 Calories; 27g Fat (60.8% calories from fat); 33g Protein; 6g Carbohydrate; 1g Dietary Fiber; 210mg Cholesterol; 375mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat.