

Sesame Dill Fish

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Servings: 4

Start to Finish Time: 15 minutes

1/2 cup dry bread crumbs

1/4 cup sesame seeds

1/2 teaspoon dill weed

1/4 teaspoon salt

3/4 cup plain yogurt

1 pound catfish or other whitefish fillets

1/4 cup canola oil

lemon wedges (optional)

In a shallow bowl, combine the bread crumbs, sesame seeds, dill and salt.

Place the yogurt in another bowl.

Dip the fillets in the yogurt, shake off the excess and dip in the crumb mixture.

In a large nonstick skillet, heat the oil. Fry the fillets over medium-high heat for 2 to 3 minutes on each side or until the fish flakes easily with a fork.

Serve with lemon wedges, if desired.

Per Serving (excluding unknown items): 254 Calories; 20g Fat (70.6% calories from fat); 5g Protein; 14g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 272mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.