

## **BLT Catfish Sandwiches**

Mary Ann Bell - Phoenixville, PA

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**2 tablespoons chili sauce**

**2 tablespoons ketchup**

**1/4 teaspoon hot pepper sauce**

**4 tablespoons lemon juice , divided**

**4 (6-ounce ea) catfish fillets**

**1/2 teaspoon lemon-pepper seasoning**

**1/4 teaspoon salt**

**8 slices whole wheat bread, toasted**

**8 strips bacon, cooked**

**4 leaves lettuce**

**4 slices tomato, thinly sliced**

**4 slices red onion**

In a small bowl, combine the chili sauce, ketchup, pepper sauce and two tablespoons of the lemon juice. Set aside.

Drizzle the remaining lemon juice over the fillets. Sprinkle with lemon-pepper and salt.

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill the catfish, covered, over medium-hot heat (or broil four inches from the heat) for 3 to 5 minutes on each side or until the fish flakes easily with a fork.

Layer four slices of toast with the catfish, bacon, lettuce, tomato and onion.

Spread the sauce mixture over the remaining toast slices. Place on top.

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Per Serving (excluding unknown items): 478 Calories; 14g Fat (26.1% calories from fat); 41g Protein; 50g Carbohydrate; 9g Dietary Fiber; 109mg Cholesterol; 823mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 4 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.