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# Crispy Pan-Fried Catfish

*The Essential Southern Living Cookbook*

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

**1 egg white, lightly beaten**

**1/4 cup yellow cornmeal**

**2 tablespoons grated Parmesan cheese**

**1 tablespoon chopped fresh thyme**

**1/4 teaspoon black pepper**

**4 (four ounce) catfish fillets**

**3 tablespoons all-purpose flour**

**chopped fresh thyme (optional)**

**lemon wedges (optional)**

In a bowl, combine the egg white and one tablespoon of water. Stir well and set aside.

In a bowl, combine the cornmeal, Parmesan, thyme and pepper. Set aside.

Dredge the fillets in the flour; dip in the egg white mixture and dredge in the cornmeal mixture.

Coat a large, nonstick skillet with cooking spray. Place over medium-high heat until hot. Add the fillets. Cook for 3 minutes on each side or until the fish flakes easily with a fork.

If desired, sprinkle with chopped fresh thyme and serve with lemon wedges.

## Seafood

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*Per Serving (excluding unknown items): 220 Calories; 5g Fat (23.0% calories from fat); 29g Protein; 12g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 129mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Fat.*