

CORNMEAL FISH

Adapted from Cooking Light

Ingredients

- ½ cup cornmeal (stone ground, if available)
- 2 teaspoons Cajun seasoning
- 2 tablespoons canola oil
- 4 6-ounce thinly fileted fish filets (such as tilapia or catfish)

Instructions

Combine cornmeal and Cajun seasoning in a shallow bowl. Heat a large sauté pan on medium high heat; add canola oil.

Dredge fish in cornmeal mixture, shake off excess cornmeal, and add fish filets to the sauté pan. Cook about 5 minutes on each side or until fish flakes easily with a fork.

Yield: 4 servings



NUTRITION FACTS PER SERVING

CALORIES: 280

PROTEIN: 29 grams

SODIUM: 340 milligrams

CARBOHYDRATE: 12 grams

FIBER: 3 grams

FAT: 12 grams

SATURATED FAT: 2 grams