

Oven Fried Catfish

Ingredients

1 ½ cup dry bread crumbs
½ tsp. dried dill weed, dried basil,
dried Italian herbs, or dried lemon
peel
1 ½ lbs. catfish fillets
3 Tbsp. salad oil

Directions

Pour bread crumbs into a pie plate and mix with dill. Rinse fish and pat completely dry: cut crosswise into 2-inch strips.

Pour oil into another pie plate. Roll pieces of fish in oil then in crumbs to coat all sides. Arrange breaded strips of haddock on the baking sheet about 1-inch between pieces.

Bake in a 400° F oven until fish is opaque in center; cut into the thickest area to test, about 10 minutes. (Makes 4-6 servings).

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

