

Crispy Oven-fried Catfish

written by The Recipe Exchange | October 10, 2015

Ingredients

1 cup low-fat buttermilk
4 (6-oz.) catfish fillets
1 1/2 to 2 tsp. Creole seasoning
3 cups cornflakes cereal, crushed
Vegetable cooking spray
Lemon wedges

Directions

Place buttermilk in a large zip-top plastic freezer bag; add catfish, turning to coat. Seal and chill 20 minutes, turning once.

Preheat oven to 425°.

Remove fish from buttermilk, discarding buttermilk. Sprinkle fish with Creole seasoning.

Place crushed cornflakes in a shallow dish.

Dredge fish in cornflakes, pressing cornflakes gently onto each fillet. Place fish on a wire rack coated with cooking spray in a roasting pan.

Bake at 425° for 30 to 35 minutes or until fish flakes with a fork. Serve immediately with lemon wedges.