



Maria's Baked Catfish

From the kitchen of Maria Brooks, San Antonio

Preparation time: 10-20 minutes

Number of servings: 3

Ingredients:

3 catfish fillets (3 ounces each)

1 ½ fresh lemons

Hot sauce or chile as desired

½ teaspoon salt

½ teaspoon pepper

Preparation:

1. Preheat oven to 350°F.
2. Place fillets in a baking pan sprayed with cooking spray. Add salt, pepper, lemon and Tabasco sauce or chile to fillets.
3. Lower oven temperature to 300°F. Bake fillets for about 10-20 minutes uncovered.*

*Fish is ready when the center no longer looks shiny but opaque and it flakes easily with a fork. Try serving it topped with Lupe's Pico de Gallo.



Nutrition information per serving:

FAT: 33% of calories from fat (med)

FIBER: less than 1 gram (low)

CALORIES: 100