



Arkansas Baked Almond Catfish

Makes: 6 Servings

“My family loves catfish, especially fried, but my dad and other family members have heart problems,” says Aspen. “I wanted something that was healthier for all of us to enjoy. I love to cook and bake and this is really healthy, good, and easy to prepare. I watch cooking shows all the time and put a few ideas together in this recipe. I love it and hope you do, too!”

Ingredients

2 pounds catfish fillets

1/2 cup low-fat milk

1 large egg

1 teaspoon salt

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 273 |
| Total Fat | 11 g |
| Saturated Fat | 3 g |
| Cholesterol | 113 mg |
| Sodium | 596 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 3 g |
| Added Sugars included | 1 g |
| Protein | 28 g |
| Vitamin D | 0 mcg |
| Calcium | 109 mg |
| Iron | 2 mg |
| Potassium | 628 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|--|--------------|
|  Grains | 1 ounce |
|  Protein Foods | 4 1/2 ounces |

1/4 teaspoon black pepper

1 cup breadcrumbs or panko (Japanese breadcrumbs)

1/2 cup sliced almonds

1/4 onion, peeled and minced

1 tablespoon unsalted butter, melted

Directions

1. **Preheat the oven to 500°F.** Cut the catfish fillets roughly in half, so you have enough to feed 6 people evenly. Lightly grease a large baking sheet.
2. **In a medium bowl,** whisk together the milk, egg, salt, and pepper. In a separate bowl, combine the breadcrumbs, almonds, and onion.
3. **Dip the fish pieces in the milk and egg mixture,** then dredge them in the breadcrumb mixture, making sure they are evenly coated on both sides. Place the fish pieces on the baking sheet, drizzle with the melted butter and bake for 15 minutes, or until the fish flakes easily with a fork.

Notes

State: Arkansas

Child's Name: Aspen Smith, 11

Source: The 2015 Healthy Lunchtime Challenge Cookbook