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BLACKENED CATFISH

Basic Lifestyle

Ingredients

2 TBS paprika
1 TBS dried oregano
½ TSP Morton's Lite salt
½ TSP freshly ground black pepper
¼ TSP ground red pepper
4 6-oz. farm-raised catfish fillets
2 TSP olive oil

Instructions

1. Combine first 5 ingredients in a small bowl. Sprinkle both sides of fish with the paprika mixture.
2. Heat oil in a large cast-iron skillet over high heat. Add fish. Cook 4 minutes on each side or until fish flakes easily with a fork.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fillet = 1 P