

# Fish Can Be “Delish” Every Friday



(NAPSA)—For a delicious change to your usual Friday fish meal, combine ingredients you probably have on hand with a mild-flavored fish.

Fish is a staple of the Lenten season, but many parents struggle to excite their children about Friday night's fish.

This year, serve the family mild-flavored, versatile fish dishes that are healthy, easy to prepare, and popular with grown-ups and kids alike.

Grill it, fry it, broil it, bake it—the mild taste and firm texture of U.S. Farm-Raised Catfish makes it suitable for a wide array of flavor applications and cooking methods.

Because of its versatility, families could create a new dish with U.S. Farm-Raised Catfish every Friday during Lent and never realize they were eating the same fish.

Even busy families have time for Cheesy Catfish, which takes about 20 minutes to prepare.

An excellent source of protein, catfish also is low in calories, carbohydrates, and saturated fat, perfect for keeping your family happy and healthy.

For additional recipes and preparation tips, visit the Web site [www.catfishinstitute.com](http://www.catfishinstitute.com).

## Cheesy Catfish

- 2 tablespoons margarine**
- ½ cup grated Parmesan cheese**
- ¼ cup yellow cornmeal**
- ¼ cup all-purpose flour**
- ½ teaspoon pepper**
- 1 teaspoon paprika**
- 2 pounds U.S. Farm-Raised Catfish fillets**

- 1. Preheat oven to 400° F.**
- 2. Place margarine in a 13-by 9-inch baking pan and put in oven to melt while oven is heating. Remove from oven.**
- 3. Mix Parmesan cheese, cornmeal, flour, pepper, and paprika in plastic bag. Add catfish fillets, one at a time, and shake to coat with Parmesan mixture. Arrange fillets in a single layer in the prepared pan, turning once to coat with margarine. Sprinkle remaining cheese mixture over fish.**
- 4. Bake for 10 to 15 minutes or until golden brown and fish flakes easily when tested with a fork.**

Approximate nutritional analysis (per serving): 222 calories; 13 g fat; 57 mg cholesterol; 140 mg sodium; 6 g carbohydrates; 1 g fiber; 20 g protein.