

Skillet Catfish

Makes: 4 Servings – 3 ounces each

Catfish fillets are coated in a spicy cornmeal rub and pan-fried until browned. Try substituting with cod or tilapia for a delicious variety.

Ingredients

For the spice rub:

- 1/8 cup cornmeal
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 4-ounce catfish filets
- 2 teaspoons vegetable oil



Directions

1. Wash hands with soap and water.
2. Make the spice rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt, and pepper on a plate and combine well.
3. Dredge both sides of the catfish in the spice mixture.
4. Wash hands and surfaces with soap and water after touching raw fish to avoid cross-contamination.
5. Put the skillet on the stove and turn the heat to high.
6. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and reaches an internal temperature of 145 degrees F.

MyPlate Food Groups



Grains	1/2 ounces
Protein Foods	3 ounces



More recipes are available at www.myplate.gov/myplate-kitchen or by scanning the QR code with the camera on a cell phone.

Nutrition Facts: Each 3-ounce (1 fillet) serving provides: 162 Calories, 6g Total Fat, 1g Saturated Fat, 349 mg Sodium, 8 g Total Carbohydrate, 1 g Dietary Fiber, 19 g Protein

U.S. Department of Agriculture. MyPlate Kitchen Website. Skillet Catfish. Available at MyPlate.gov/MyPlateKitchen. Access date: 04/04/2025

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