

Cajun Baked Catfish



Rated: ★★★★★

Submitted By: Wendy Stenman

Photo By: Soup Loving Nicole

Prep Time: 10
Minutes

Ready In: 20
Minutes

Cook Time: 10
Minutes

Servings: 4

"This is our favorite way to serve catfish. I've made this with half of the spices at first. Then my family got older, I doubled the spices. --Wendy Stenman"

INGREDIENTS:

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|--------------------------|-------------------------------|
| 2 tablespoons canola oil | pepper |
| 2 teaspoons garlic salt | 1/2 teaspoon hot pepper sauce |
| 2 teaspoons dried thyme | 1/4 teaspoon pepper |
| 2 teaspoons paprika | 4 (8 ounce) fillets catfish |
| 1/2 teaspoon cayenne | |

DIRECTIONS:

1. In a small bowl, combine the first seven ingredients; brush over both sides of fish.
2. Place fish in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake at 450 degrees F for 10-13 minutes or until fish flakes easily with a fork.