



## **CATFISH PARMESAN** **(...but great with tilapia!)**

Lauren Cobb Snelling  
Kristy Hudson Cobb

<b>1 cup parmesan cheese</b>	<b>1 tsp. paprika</b>
<b>½ cup flour</b>	<b>1 egg, beaten</b>
<b>½ tsp. Zatarain's or other seasoned salt</b>	<b>½ cup milk</b>
<b>¼ tsp. black pepper</b>	<b>6 fish fillets</b>
	<b>½ stick butter, melted</b>

Combine first 5 ingredients for coating. Combine egg with milk in separate bowl. Dip fillets in egg/milk mixture and then in coating; pat coating firmly onto both sides of fillets. Place fillets in spray-greased 9 x 13 inch casserole, top with remaining coating mixture, and drizzle butter over it. Sprinkle with extra paprika and black pepper. Bake at 350° for 40 minutes, or until fish flakes with fork.

**Note:** This is an all-time family favorite. When doubling or tripling this recipe, you don't have to increase the egg/milk mixture at all.