

# Baked Italian Style Catfish

## Ingredients

- 8 Superior Catfish Fillets
- 1 cup breadcrumbs or Panko
- 1 cup Parmesan cheese, shredded
- ¾ cup fresh Italian parsley, chopped
- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- 1 teaspoon paprika
- ¼ teaspoon garlic powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 stick butter, melted
- Lemon wedges
- Parsley sprigs

## Instructions

1. Preheat oven to 375° F.
2. Lightly coat 13 x 9 baking pan with cooking spray.
3. Combine dry ingredients in a shallow bowl and stir well.
4. Pat fish dry.
5. Dip catfish in melted butter and roll in breadcrumb mixture.
6. Arrange fillets in prepared baking dish.
7. Bake uncovered for 20 to 30 minutes or until fish flakes easily.
8. Garnish with lemon wedges and parsley sprigs.

Serves 8

