

Southern Battered Catfish Sandwich

Serves: 4 Sandwiches

Prep Time: 15 minutes

Cook Time: 12 minutes

Ingredients:

- 1 pound (16 ounces) raw catfish
- ½ cup flour (wheat or white)
- 2 whole eggs
- 2 cups corn flakes or wheat flakes dry cereal
- 4 buns (wheat or white)
- 1 avocado (optional)
- 4 slices low fat cheese (optional)

Directions:

- 1) Preheat oven to 450 F and grease a pan for baking.
- 2) Cut catfish into 4 even parts.
- 3) Align 3 bowls. In the first add whole wheat flour. In the second beat two eggs until evenly mixed. In the third add dry cereal (crumble into smaller pieces with hands).
- 4) Take one of the cut catfish pieces and roll into the bowl of flour, then dip into the bowl of eggs, and finally roll into the bowl of dry cereal until fully coated. Then place on greased pan.
- 5) Repeat with last three catfish pieces.
- 6) Bake for 6 minutes.
- 7) Flip the catfish over and bake for another 6 minutes.
- 8) Layer each catfish fillet with a slice of cheese.
- 9) If using avocado, slice or mash, then place on the inside of each of the bun tops.
- 10) Place cooked catfish on the bun and enjoy!



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