Bayou Catfish Fillets
Ingredients

2 tablespoons yellow cornmeal 1 1/2 teaspoons seasoned salt 1 1/2 teaspoons dried oregano 1 teaspoon garlic powder 1 teaspoon onion powder 3/4 teaspoon ground red pepper 1/2 teaspoon chili powder 1/4 teaspoon ground cumin 1/4 teaspoon black pepper 6 (6-ounce) catfish fillets Cooking spray 6 lemon wedges (optional)

How to Make It

Step 1
Preheat broiler.

Step 2
Combine first 9 ingredients in a zip-top plastic bag. Add 1 catfish fillet. Seal bag, and shake well. Remove fillet from bag, and place on a broiler pan coated with cooking spray. Repeat procedure with the remaining fillets and cornmeal mixture. Broil 6 inches from heat for 6 minutes. Carefully turn fillets over, and broil 6 minutes or until the fish flakes easily when tested with a fork. Serve with lemon wedges, if desired.