

# Cornmeal Catfish with Avocado Sauce

Prep/Total Time: 25 min.

Makes 4 servings (3/4 cup sauce)

When I was growing up in California, my mother made catfish quite often, and it was always a hit. Now I cook it with my own twist. When only frozen catfish fillets are available, I thaw them in the refrigerator overnight, and they work just as well. —Mary Lou Cook, Welches, Oregon



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## Ingredients

- 1 medium ripe avocado, peeled and cubed
- 1/3 cup reduced-fat mayonnaise
- 1/4 cup fresh cilantro leaves
- 2 tablespoons lime juice
- 1/2 teaspoon garlic salt
- 1/4 cup cornmeal
- 1 teaspoon seafood seasoning
- 4 catfish fillets (6 ounces each)
- 3 tablespoons canola oil
- 1 medium tomato, chopped

## Directions

1. Place the first 5 ingredients in a food processor; process until blended.
2. In a shallow bowl, mix cornmeal and seafood seasoning. Dip catfish in cornmeal mixture to coat both sides; shake off excess.
3. In a large skillet, heat oil over medium heat. Add catfish in batches; cook 4-5 minutes on each side or until fish flakes easily with a fork. Top with avocado sauce and chopped tomato.