

# Baked Catfish

Seasoned, baked catfish make a perfectly delicious main course for a quick dinner.

5 min

Prep Time

20 min

Cook Time

25 min

Total Time

## Ingredients

2 tblsp. minced fresh parsley  
 1 tsp. salt  
 3/4 tsp. paprika  
 1/2 tsp. dried thyme  
 1/2 tsp. dried oregano  
 1/2 tsp. dried basil  
 1/2 tsp. ground black pepper  
 4 whole catfish fillets  
 Juice of one lemon  
 2 tblsp. melted butter  
 1/4 tsp. garlic powder  
 Non-stick cooking spray

### Get Ingredients

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## Instructions

Preheat the oven to 350 degrees.  
 Combine the parsley, salt, paprika, thyme, oregano, basil and pepper in a small bowl.  
 Sprinkle over both sides of catfish fillets.  
 Place the fillets in a 9x13 baking pan that has been coated with non-stick cooking spray.  
 Add the melted butter, lemon juice and garlic powder to a small bowl. Mix well to combine.  
 Drizzle the butter-lemon-garlic mixture over the fillets.  
 Bake uncovered for 15-20 minutes or until the fish flakes easily.

## Notes

--Recipe adapted from Taste of Home's Busy Family Recipes, Winter 2011

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Lana Stuart | Never Enough Thyme