

Baked Herb Catfish

**Serving Size**

2

**Skill Level**

Easy

**Diet Type**

Dialysis

Ingredients

- 2 (3.5 ounce) catfish fillets
- 1 tbsp lemon juice
- 1 tbsp parsley
- 1/8 tsp paprika
- 1/4 tsp dried thyme
- 1/4 tsp dried basil
- 1/4 tsp oregano

Directions

1. Preheat oven to 350°F.
2. Place catfish fillets on a greased pan.
3. In a small bowl mix together parsley, paprika, thyme, basil, and oregano.
4. Sprinkle mixture evenly on catfish
5. Once catfish has been seasoned, evenly distribute lemon juice on top of fish.
6. Bake in oven for 15 minutes or until the catfish reaches an internal temperature of 145°F.

Nutrition Facts

Serving: 2

Amount per serving

Calories 125**Sodium** 50 mg**Potassium** 385 mg**Phosphorus** 205 mg**Carbohydrates** 1 g**Protein** 30 g