



Pesto-Crusted Catfish

Love catfish, but craving some crunch? Cook it up in a coating of pesto sauce mixed with flaky panko bread crumbs, mozzarella, onion, and spices!

Serves 6 (1 serving = 5 oz)



Ingredients

- 2 pounds catfish (boned and filleted)
6 (5 oz each)
- 4 teaspoons pesto
- ¾ cup panko bread crumbs
- ½ cup mozzarella cheese
- 2 tablespoons olive oil

Chef McCargo's Signature Seasoning Blend:

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes
- ½ teaspoon black pepper

Nutrition Per Serving

Calories	312 cal	Carbohydrates	15 g
Total Fat	16 g	Protein	26 g
Saturated Fat	3 g	Phosphorus	417 mg
Trans Fat	0 g	Potassium	576 mg
Cholesterol	83 mg	Dietary Fiber	0.8 g
Sodium	272 mg	Calcium	80 mg

Directions

Preheat oven to 400°F.

1. Mix all the seasonings in small bowl and begin to sprinkle even amounts on both sides of fish.
2. Spread equal amounts of pesto (1 teaspoon each) on topside of filets and set aside.
3. In medium bowl, mix cheese, oil and bread crumbs and dredge pesto side of fish in mixture until well coated.
4. Grease or spray baking sheet tray liberally with oil and lay fish pesto side up on sheet tray leaving space between filets.
5. Bake for 15–20 minutes at 400°F or until desired brownness on bottom rack.
6. Let rest for 10 minutes after cooking and removing from tray to prevent fish from breaking.

TIPS: Make an extra serving of Chef McCargo's signature seasoning blend and use it to spice up your other dishes. For another twist on this tasty recipe, substitute chicken or turkey for catfish.

Recipe provided by Fresenius Kidney Care.