



## **OVEN FRIED CATFISH**

4 thick catfish fillets (about 6 ounces each)  
2 cups Ritz Cracker crumbs  
2 tbsp. Heinen's All Natural Olive Oil  
3 large egg whites  
1 tbsp. honey mustard  
2 tsp. chopped, fresh parsley  
1/4 tsp. garlic powder  
1/8 tsp. cayenne pepper  
Vegetable cooking spray  
1 lemon, cut into wedges

Preheat oven to 450°F. Cover a baking sheet with foil and place a wire rack on top of foil lined sheet.

In a food processor, add crackers and pulse about twelve times to create coarse crumbs. Spread the crumbs in a shallow dish and toss with the olive oil.

In a separate bowl, whisk the egg whites, mustard, parsley, garlic powder and cayenne together. Blend until egg whites are frothy. Pour into a shallow glass baking dish.

Pat the fish fillets dry with paper towels then season with salt and pepper. Working with one fillet at a time.

Makes 4 servings