

CRISPY CATFISH NUGGETS WITH REMOULADE DIPPING SAUCE

Food has the great ability to connect us with people and remind us of the memorable moments in life. Here we have a New Orleans style remoulade dipping sauce paired perfectly with catfish nuggets. Try this sauce with crispy potatoes or shrimp; it will surely elevate any appetizer dish to the level of a fancy restaurant!

Yield= 4 servings catfish and 8 serving of sauce

Ingredients:

Catfish Nuggets

- 1lb of **catfish fillets**, cut into approx. 1.5" pieces
- 1 **tblsp olive oil** or **vegetable oil cooking spray**
- ¼ cup **parmesan cheese**, grated
- ½ cup **cornmeal**
- ¼ **tsp garlic powder**
- **Cayenne Pepper** to taste (optional)
- 2 cup fresh **lemon juice**
- ½ **tsp. Cajun seasoning*** (salt-free)

Remoulade Sauce

- 1 cup **mayonnaise** (regular or light)
- 1 **tsp Dijon** or **yellow mustard**
- 1 **tsp creamy horseradish sauce** (store-bought or homemade)
- 1 **tblsp drained capers**, chopped or **dill pickles**, chopped (optional)
- 2 **tsp fresh lemon juice**
- 1 **tsp pickle juice**
- 1 **tsp hot sauce**
- 2 **tsp paprika**
- 2 **tsp garlic powder**
- 1 **tsp cayenne pepper** or salt-free **Cajun seasoning**

* Salt-free Cajun seasoning is a blend of cayenne, paprika, garlic powder, onion powder, oregano, and black pepper

Instructions

Step 1: Preheat oven to 400 degrees.

Step 2: Spray baking sheet with cooking spray or coat evenly with olive oil.
(Tip: Place a foil on the baking sheet before adding oil, to make cleaning easier)

Step 3: In a shallow dish, combine grated parmesan, cornmeal, garlic powder and cayenne pepper. In separate bowl, whisk together lemon juice and Cajun seasoning.

Step 4: First, soak the catfish pieces in the lemon juice mix for 5 minutes. Then, roll them in the dry cheese mixture until thoroughly coated. Place the coated catfish pieces on the baking sheet.

Step 5: Bake for 10 to 12 minutes. Remove from oven and flip the catfish nuggets.

Step 6: Reduce the heat to 350 degrees, and bake for an additional 8 to 10 minutes, until crust is golden.

Step 7: While the catfish nuggets bake, prepare the Remoulade sauce. Combine all ingredients in a small mixing bowl. Transfer into a serving bowl.
Tip: Let the Remoulade sauce rest in the fridge for an hour before serving for best flavors!

Step 8: Transfer the Catfish nuggets onto a dish and serve with the Remoulade sauce. Enjoy!

Per Serving (sauce)- Calories: 196, Saturated Fat: 3.3g, Sodium: 229mg, Total Sugars: 0.4g

Per Serving (catfish)- Calories: 222, Saturated Fat: 2.3g, Sodium: 139mg, Total Sugars: 1g

Recipe featured in the April 2021 issue of Beyond Hunger's Nutrition Newsletter

