Louisiana Harvest of the Month

Cajun Catfish Dip

Home Recipe

Serves: 12
Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 5 catfish fillets
- 2 tsp Creole seasoning
- 1/4 tsp cayenne pepper
- 1/4 tsp red pepper flakes
- 2 Tbsp vegetable oil
- 8 oz cream cheese (room temperature)
- ½ cup reduced fat sour cream
- ½ cup low fat yogurt
- 1/4 cup mayonnaise
- 3 Tbsp lemon juice
- 2 Tbsp Worcestershire sauce
- 1/4 cup green onions, chopped

Cooking Instructions

1) Cover both sides of fillets in Creole seasoning, cayenne pepper, and red pepper.
2) In a large skillet on medium heat, add oil. When it is hot, cook the fillets about 3-5 minutes on each side, or until cooked through. Remove to a bowl and let cool.
3) Mash the catfish with a fork. Add in the cream cheese, sour cream, yogurt, mayonnaise, lemon juice, and Worcestershire sauce. Chill overnight or at least 2 hours before serving.
4) To serve, top with green onions and serve with crackers.

Nutrition Facts

12 Servings Per Container
Serving Size 1/2 cup (121g)

Amount Per Serving	
Calories	**220**
	% Daily Value *
Total Fat 18g	**23%**
Saturated Fat 6g	**32%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 340mg	**15%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0.2mcg	0%
Calcium 60mg	4%
Iron 0.4mg	2%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from *USCatfish.com*

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