Baked Catfish

This baked catfish is mouth-watering! It makes a hearty dinner especially when served with some black eyed peas and greens.

Ingredients:

2 lbs	Catfish (cut into about 3-inch pieces)
1 tbsp	Olive oil
2 tsps	Italian herb seasoning
¼ cup	Fresh lemon juice
1 pinch	Iodized salt
1 dash	Freshly ground black pepper
1 pinch	Cayenne pepper (optional)

Directions:

1. Wash and dry fish
2. Mix together all the rest of the ingredients
3. Toss fish in oil mixture
4. Place on cookie sheet (for easy clean-up use nonstick aluminum foil) and bake at 350° F for about 15-17 minutes or until done.