



## *Thyme Leaves*

A delicate looking herb with a penetrating fragrance, thyme is a wonderful addition to bean, egg and vegetable dishes. With about sixty different varieties including French (common) thyme, lemon thyme, orange thyme and silver thyme, this herb is sure to add some spice to your life. [www.whfoods.com](http://www.whfoods.com)



¾ tsp. of ground thyme = 1 tsp. dried thyme



**683271      3/36 oz.**

**Ground Thyme**

**683292      6/12 oz.**

### ***Crunchy Lemon-Thyme Catfish***

#### Ingredients

3 tablespoons oil, divided  
4 (4-ounce) catfish fillets  
¼ cup oat bran  
¼ cup yellow cornmeal  
1 teaspoon thyme leaves  
1 teaspoon grated lemon peel  
½ teaspoon paprika  
¼ teaspoon salt or to taste

#### Directions

Brush an aluminum foil-lined 12 x 8 x 2-inch baking pan with 1 tablespoon oil. Brush both sides of fillets with remaining oil. To prepare breading mixture, combine remaining ingredients in a small bowl. Dredge fish fillets in breading mixture, coating each well. Arrange in the baking pan. Bake in a pre-heated hot oven (425° F.) for 10 minutes, turning (over) fish fillets halfway through cooking time. Bake until fish flakes easily when tested with a fork. Do not overcook as fish will become tough.

