

# Oyster Dressing topped with Oyster Skillet

RECIPE COURTESY OF CHEF JOHN REASON

## INGREDIENTS

For the Oyster Dressing

- 4 c Cornbread
- 1 c cooked Rice
- 1 (16 oz) package Vermilion Oyster with brine
- 8 oz Andouille sausage diced
- 1 1/2 c chicken stock or broth
- 1 Tbsp plus 1 tsp Cajun 180 La Gold
- 1/2 c C'est Tout, re-hydrated
- 1.5 Tbsp butter salted

For the Baked Oyster Skillet

- 1 (16 oz) package Vermilion Oysters
- 1 stick of butter, cubed
- 1 Tbsp Lemon Juice
- 1 Tbsp + 1 tsp Cajun 180 Pro Boil
- 1/3 c C'est Tout, re-hydrated
- 1 clove garlic minced
- 1/2 c dry bread crumbs
- 1 c Romano or Parmesan Cheese

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Heat skillet over medium heat, and brown sausage.
3. Add butter and re-hydrated C'est Tout and cook for another 1-2 minutes
4. Add Cajun 180 seasoning, and oysters. Cook 5 minutes.
5. Crumble cornbread in a large bowl with cooked rice. Fold in oyster mix. Add reserved oyster brine, chicken stock and fold to mix.
6. Pour into a greased baking dish. Cover with foil, and bake for 45 minutes, removing foil the last 15 minutes.
7. Meanwhile, In cast iron skillet, melt the butter. Sauté garlic and re-hydrated C'est Tout. Turn fire off, Add oysters to butter mix.
8. Combine together the grated cheese and bread crumbs and seasoning. Spoon crumb mixture over oysters
9. Bake for 12-14 minutes until bubbly.
10. Spoon Baked Oyster Skillet mix on top of Oyster Dressing and serve.



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## HEALTHY SWAPS

- **Lower Fat: 679 kcal (28g fats, 68g carbohydrates, 36g protein.)** Substitute 2 Tbsp butter and 1 c chicken broth for the stick of butter in the oyster skillet recipe. Reduce cheese to ½ cup.
- **Lower Carbohydrates: 552 kcal (33g fats, 28g carbohydrates, 35g protein.)** Substitute keto bread for cornbread. Substitute cauliflower rice. Substitute pork rind crumbs for bread crumbs.
- **Lower sodium: 772 kcal (38g fats, 67g carbohydrates, 1,379mg sodium, 37g protein.)** Use unsalted butter, and low-sodium chicken broth. Use No Salt La Cajun Gold, and a salt free seasoning for the Pro Boil.
- **Gluten-free: 759 kcal (27g fats, 66g carbohydrates, 37g protein.)** Use gluten-free Panko bread crumbs. Note: Many cornbread recipes do contain gluten; ensure the cornbread used is gluten-free.
- **Dairy-free: 738 kcal (37g fats, 64g carbohydrates, 34g protein.)** Substitute olive oil for butter. Omit cheese, or use vegan cheese.
- **Note: This tasty dish is nutrient-rich, consider reducing serving size for less calories and macros.**

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	8 servings per container	<b>Total Fat</b> 38g		<b>49%</b>			<b>Total Carbohydrate</b> 70g
<b>Serving size</b> 2 cups	Saturated Fat 15.8g		<b>79%</b>		Dietary Fiber 1g		<b>4%</b>
<b>Calories</b> per serving	Trans Fat 0g				Total Sugars 3g		
<b>790</b>	<b>Cholesterol</b> 215mg		<b>72%</b>		Includes 36g Added Sugars		<b>72%</b>
	<b>Sodium</b> 3360mg		<b>146%</b>		<b>Protein</b> 37g		<b>74%</b>
	Vitamin D 0.37mcg	2%		Calcium 389mg	30%	Iron 14mg	80%
	Potassium 698mg	15%					

\* 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.