

Air-fried Grouper

INGREDIENTS

- 1 lb Louisiana grouper, cut into 8 fingers
- ½ c all-purpose flour
- 1 Tbsp Cajun seasoning blend
- 1 large egg
- 1 c cornmeal

DIRECTIONS

1. Preheat the air-fryer to 400 degrees.
2. Rinse grouper and pat dry with a paper towel. Cut into 8 fingers.
3. In a bowl, combine flour, and Cajun seasoning.
4. In a separate bowl whisk the egg.
5. In the third bowl, add cornmeal.
6. Dredge grouper in flour mixture, then dip in egg wash, and coat with cornmeal.
7. Spray the air-fryer basket lightly with cooking spray.
8. Place grouper in a single layer. Cook for 10 minutes, then flip and cook for another 8 minutes on the other side or until golden brown.
9. Serve with air-fried eggplant, and black eyed peas as shown, or your favorite side dish.



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HEALTHY SWAPS

- **Lower Fat:** Recipe is considered low-fat as is.
- **Lower Carbohydrate:** Use pork rind "bread crumbs" (or crush your own.) 170 calories. 4g fat (1g saturated fat, 90mg cholesterol.) 200mg sodium. 6g carbohydrates (0g fiber, 0g sugar.) 26g protein.
- **Lower Sodium:** Use salt-free Cajun seasoning such as Cajun180 La Cajun Gold "No Salt." Omit salt. Reduces sodium 85mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free flour. No significant change in macros.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container Serving size 2 fingers (148g) Calories per serving	210	Total Fat 3g	4%	Total Carbohydrate 18g	7%
		Saturated Fat 1g	5%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 90mg	30%	Includes 0g Added Sugars	0%
		Sodium 110mg	5%	Protein 25g	50%
		Vitamin D 0.3mcg	2%	Calcium 40mg	4%
		Potassium 610mg	15%	Iron 1.8mg	10%

*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.