

# Catfish and Crawfish Primavera in a Bag

## INGREDIENTS

- 1 lb Louisiana Catfish (4 filets)
- ½ lb Louisiana crawfish tails
- Parchment paper
- 1 Tbsp flour
- 2 tsp Cajun spice blend
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 1 bch asparagus spears, cooked (~1lb)
- 1 (14 oz) can quartered artichoke hearts (~ 6 hearts)
- 2 Tbsp minced garlic
- ½ tsp salt
- 1 tsp hot sauce
- ½ c dry white wine
- 6 sprigs (3 Tbsp) fresh thyme
- 6 sprigs (6 Tbsp) fresh dill weed
- 4 lemon slices
- 4 Tbsp chilled butter

## DIRECTIONS

1. Pre-heat oven to 450 degrees.
2. Cut parchment paper into 4 heart shapes big enough to accommodate fish and ingredient toppings with enough room to crease paper shut.
3. Dust parchment with equal amounts of flour. Season each filet of catfish with equal amounts of Cajun spice blend and lay flat on one side of parchment.
4. In a small bowl place crawfish tails, red bell pepper, green bell pepper, asparagus spears, artichoke hearts, minced garlic, salt and hot sauce. Toss together until seasoning coats mixture.
5. Place equal amounts of seasoned crawfish vegetable mixture on top of catfish filets. Pay attention to divide vegetables equally between catfish filets. Drizzle each filet with white wine.
6. Equally spread sprigs of thyme, dill weed, lemon slices and butter over fish. Fold parchment over fish and seal bag tightly by creasing from one end to the other.
7. Place on sheet pan, place in oven and bake for 15 minutes.
8. Remove from oven, carefully place parchment on plates and carefully cut open bag when ready to serve.



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## HEALTHY SWAPS

- **Lower Fat:** Reduce butter to 1 ½ Tbsp. 315 Calories. 9g Fat (4g Saturated fat, 91mg Cholesterol.) 1270mg Sodium. 19g Carbohydrates (7g Fiber, 4g Total sugar.) 36g Protein.
- **Lower Carbohydrate:** Carbohydrates in this dish are sourced from vegetables. No substitutions recommended. However, you may omit artichokes. 345 Calories. 16g Fat (8g Saturated fat, 110mg Cholesterol.) 1135mg Sodium. 12g Carbohydrates (3g Fiber, 4g Total sugar.) 34g Protein.
- **Lower Sodium:** Use salt substitute and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” and unsalted butter to reduce sodium to 400mg.
- **Dairy-free:** Use dairy-free butter or margarine reduces saturated fat to 3g and cholesterol to 80mg. No other changes to total calories or macros.
- **Gluten-free:** Substitute cornstarch for flour. Ensure Cajun seasoning is gluten-free.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
4 servings per container Serving size 1 Bag <b>Calories</b> per serving	<b>380</b>	<b>Total Fat</b> 16g	<b>21%</b>	<b>Total Carbohydrate</b> 19g	<b>7%</b>	
		Saturated Fat 8g	<b>40%</b>	Dietary Fiber 7g	<b>25%</b>	
		Trans Fat 0g		Total Sugars 4g		
		<b>Cholesterol</b> 110mg	<b>37%</b>	Includes 0g Added Sugars	<b>0%</b>	
		<b>Sodium</b> 1320mg	<b>57%</b>	<b>Protein</b> 36g	<b>72%</b>	
		Vitamin D 0mcg	0%	4%	• Iron 2mg	10%
		Potassium 534mg	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.