

Crawfish Frittata with Smoked Pepper Jack Cheese

Recipe by Laurel Blackerby, MS, Delcambre Market Nutrition Expert

INGREDIENTS

- ½ lb Louisiana crawfish tails
- 1 onion, chopped
- 1 red bell pepper, chopped
- 2 c liquid egg whites
- ½ c half & half (or cream of choice)
- 1 c low fat mozzarella, shredded
- 1 c Smoked Pepper Jack cheese, shredded from Peace Love & Smoke
- 3 Tbsp Trinity seasoning blend
- 1 Tbsp Cajun seasoning blend

DIRECTIONS

1. Preheat oven to 350.
2. Sauté onions 5 min in oven-safe saucepan or iron skillet over medium heat.
3. Add red bell pepper and sauté another 10 min until soft.
4. Meanwhile, combine eggs, dairy and seasonings in a bowl.
5. Add onion/pepper mix to the bowl and mix well.
6. Return to pan for 3 min.
7. Bake in oven for 20 min or until set.



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HEALTHY SWAPS

- **Lower Fat:** Substitute $\frac{1}{4}$ c broth for oil to cook onions. Use fat-free half and half and low fat cheeses. 142 Calories. 5g Fat (3g Saturated fat, 15mg Cholesterol.) 1350mg Sodium. 6g Carbohydrates (<1g Fiber, 3g Total sugar.) 18g Protein.
- **Lower Carbohydrate:** Recipe is considered low-carbohydrate as is.
- **Lower Sodium:** Use salt-free Cajun & Trinity seasonings to reduce sodium to 337mg.
- **Dairy-free:** Use vegan cheeses and half and half such as Califa Better Half. 163 Calories. 6g Fat (2g Saturated fat, 0mg Cholesterol.) 1360mg Sodium. 11g Carbohydrates (1g Fiber, 8g Total sugar.) 15g Protein.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*		
	8 servings per container	Total Fat 11g		14%			Total Carbohydrate 4g	
Serving size 1 Slice	Saturated Fat 6g		30%		Dietary Fiber < 1g		2%	
Calories per serving	Trans Fat 0g				Total Sugars 2g			
	Cholesterol 30mg		10%		Includes 0g Added Sugars		0%	
200	Sodium 1340mg		58%		Protein 19g		38%	
	Vitamin D 0.14mcg	0%		Calcium 205mg	15%		Iron 0.4mg	2%
	Potassium 197mg	4%						

* 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.