

# Grouper Street Tacos

Recipe courtesy of Delcambre Market Consultant Chef John Reason

## INGREDIENTS

- 1 lb Louisiana grouper filets
- 1 Tbsp blackening seasoning
- 2 Tbsp butter
- 4 leaves of butter lettuce, torn
- 1 c pickled purple onion & carrots
- 8 (4.5") street taco tortilla shells
- Sriracha sauce, for garnish, to taste

## DIRECTIONS

1. Cut grouper in strips lengthwise and season grouper with blackening seasoning on both sides.
2. Melt butter in a skillet or pan.
3. Lay grouper in hot pan with melted butter and pan-sear each side 2-3 minutes each to get good golden color. Remove from heat & let rest.
4. Add street taco shells on hot griddle to soften & heat up.
5. Plating: Place taco shells on plate. Add lettuce, grouper, pickled onions & carrots. Garnish with Sriracha sauce.



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## HEALTHY SWAPS

- **Lower Fat:** Use a light butter spread such as Smart Balance Light. 300 Calories. 7g Fat (2g Saturated fat, 41mg Cholesterol.) 1,145mg Sodium. 32g Carbohydrates (3g Fiber, 4g Total sugar.) 27g Protein.
- **Lower Carbohydrate:** Substitute butter leaves for tortillas. 230 Calories. 13g Fat (5g Saturated fat, 57mg Cholesterol.) 695mg Sodium. 6g Carbohydrates (2g Fiber, 1g Total sugar.) 23g Protein.
- **Lower Sodium:** Substitute salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” for blackening seasoning, and use unsalted butter to reduce sodium to 480mg. Please note, the tortillas are a large source of sodium in this recipe; if sodium needs to be reduced further, consider making your own if low-sodium tortillas are unavailable.
- **Dairy-free:** Use vegan butter. 330 Calories. 11g Fat (2g Saturated fat, 41mg Cholesterol.) 1,080mg Sodium. 32g Carbohydrates (3g Fiber, 4g Total sugar.) 27g Protein.
- **Gluten-free:** Use gluten-free tortillas & ensure blackening seasoning is gluten-free.

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	<b>Total Fat</b> 10g	<b>13%</b>	<b>Total Carbohydrate</b> 32g
Serving size	Saturated Fat 5g	<b>25%</b>	Dietary Fiber 3g	<b>11%</b>
2 tacos	Trans Fat 0g		Total Sugars 4g	
<b>Calories</b> per serving	<b>Cholesterol</b> 55mg	<b>18%</b>	Includes 2g Added Sugars	<b>4%</b>
	<b>Sodium</b> 1120mg	<b>49%</b>	<b>Protein</b> 27g	<b>54%</b>
<b>320</b>	Vitamin D 0mcg	0%	Calcium 113mg	8%
	Potassium 123mg	2%	Iron 2.5mg	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.