

Breaux Bridge Crawfish Pie

Recipe courtesy of Chef Patrick Mould

INGREDIENTS

- 1 lb Louisiana crawfish tail meat
- 1 stick of butter
- 1 c minced onions
- ½ c minced green bell pepper
- ½ c minced celery
- 1 Tbsp minced garlic
- 1 Tbsp fresh thyme
- 3 Tbsp flour
- ¾ c chicken broth
- 2 tsp Cajun seasoning
- 1 tsp paprika
- ½ tsp hot sauce
- ¼ c chopped green onions
- 2 Tbsp chopped parsley
- 2 (9 inch) deep dish pie crusts

DIRECTIONS

1. Heat butter over a medium heat in a medium saucepot. Sauté onion, bell pepper, celery and garlic until onions begin to turn clear.
2. Add thyme and flour and cook for 1 minute, being careful not to brown flour.
3. Add chicken broth, Cajun seasoning, paprika and hot sauce. Cook for an additional 2-3 minutes.
4. Stir in crawfish tails. Cover and simmer for 5 minutes, stirring occasionally.
5. Stir in green onions and parsley. Allow to cool slightly and pour into a pie shell then take other, remove from aluminum pan and place on top of other pie shell. Tuck edges of pie dough under each other pressing together to seal dough the cut slits in top of dough in order to allow steam to escape.
6. Place in pre-heated 350-degree oven and bake for 50 minutes. Allow pie to cool slightly for 10 minutes before cutting.



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HEALTHY SWAPS

- **Lower Fat:** Substitute 4 Tbsp of light butter spread such as Smart Balance Light. 405 Calories. 21g Fat (8g Saturated fat, 1mg Cholesterol.) 660mg Sodium. 33g Carbohydrates (1g Fiber, 5g Total sugar.) 18g Protein. Note: the pie crust is the main source of aft in this recipe, consider using only 1 crust or make your own low fat pie crust.
- **Lower Carbohydrate:** Use keto pie crusts or pie crust mix. 700 Calories. 57g Fat (16g Saturated fat, 95mg Cholesterol.) 1150mg Sodium. 17g Carbohydrates (9g Fiber, 4g Total sugar.) 30g Protein.
- **Lower Sodium:** Use salt-free Cajun seasoning to reduce sodium to 602mg. Note: the pie crust is the main source of sodium for this recipe, if sodium needs to be further reduced consider making your own low-sodium pie crusts.
- **Dairy-free:** Use dairy-free butter. No significant change in macros.
- **Gluten-free:** Use gluten-free flour and pie crust. Ensure Cajun seasoning is gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size 1 slice	Total Fat 33g	42%	Total Carbohydrate 33g	12%
		Saturated Fat 16g	80%	Dietary Fiber 1g	4%
Calories per serving	510	Trans Fat 1g		Total Sugars 5g	
		Cholesterol 40mg	13%	Includes 0g Added Sugars	0%
		Sodium 960mg	42%	Protein 18g	36%
		Vitamin D 0mcg	0%	Calcium 28mg	2%
		Potassium 151mg	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.