

Broiled Snapper Collar Sheet Pan Dinner

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INGREDIENTS

- 4 Louisiana red snapper collars, about 1 ½ lb
- 2 yellow squash, sliced
- 1 bell pepper, cut in large pieces
- 1 red bell pepper, cut in large pieces
- 2 lemons, sliced, divided
- 2 Tbsp olive oil
- 1 tsp Cajun180 Trinity seasoning blend
- ¼ tsp sea salt

DIRECTIONS

1. Preheat broiler
2. Line sheet pan with aluminum foil and spray with non-stick cooking spray. Layer sliced vegetables, and half of the lemon slices. Lightly spritz with olive oil, and a sprinkling of Cajun180 Trinity Seasoning blend.
3. Lightly rub snapper collars with oil; sprinkle with salt. Layer, skin side down, on top of vegetables, and top with remaining lemon slices.
4. Broil, rotating pan as needed to ensure even browning, until fish begins to brown, 5-7 minutes.
5. Flip collars and broil, watching carefully to prevent burning, until skin crisps and caramelizes, about 6 minutes.
6. Serve snapper collar, skin side up, over roasted vegetables.



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HEALTHY SWAPS

- **Lower fat:** Recipe is lower in fats as is. Of the fat in the dish, 5g is heart-healthy monounsaturated fats.
- **Lower carbohydrate:** The carbohydrates in the dish are sourced from vegetables. To reduce total carbohydrates, serve snapper collar with 1 c wilted spinach. 252 calories. 7g fat (1g saturated fat, 53mg cholesterol.) 302mg sodium. 8g carbohydrates (3g fiber, 1g sugar.) 33g protein.
- **Lower sodium:** Recipe is lower in sodium as is.
- **Dairy-free:** Recipe is considered dairy-free.
- **Gluten-free:** Recipe is considered gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container	Serving size 1 collar	Total Fat 8g	10%	Total Carbohydrate 19g	7%
		Saturated Fat 1g	5%	Dietary Fiber 5g	18%
Calories per serving	290	Trans Fat 0g		Total Sugars 1g	
		Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
		Sodium 220mg	10%	Protein 32g	64%
		Vitamin D 0mcg	0%	Calcium 81mg	6%
		Potassium 631mg	15%	Iron 2mg	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.