

Crawfish Boil Frittata

Recipe by Executive Chef Patrick Mould

INGREDIENTS

- 1 lb Louisiana crawfish tail meat (shrimp can be substituted)
- 2 c red potatoes, peeled & cut into 1/2 inch pieces
- 1 Tbsp salt
- 6 Tbsp butter, divided
- 2 c corn kernals
- 1 c onion, chopped
- 1 c bell pepper, chopped
- 1 c celery, chopped
- 2 tsp minced garlic
- 1 Tbsp Cajun seasoning
- 10 large eggs
- 3/4 c heavy whipping cream
- 2 c grated Velveeta® cheese
- 1/2 cup each green onions and parsley (for garnish)

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a saucepan, add potatoes and salt and cover with water. Bring potatoes to a boil and cook until done (about 10 minutes). Remove from heat and drain; set aside.
3. In a large pan, melt 3 Tbsp butter. Cook corn, onion, ball pepper and celery until done (about 5 to 10 minutes). Stir in minced garlic; cook another 2 minutes. Remove from heat.
4. In a large bowl, whisk together eggs, cream, Velveeta, and Cajun seasoning; add cooked potatoes, corn mixture, and crawfish stirring until combined.
5. Grease casserole dish. In a saucepan, melt 3 tablespoons butter. Add egg mixture. Pour into prepared pan and bake for 30-35 minutes until eggs are set. Garnish with green onions and parsley.



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HEALTHY SWAPS

- **Lower Fat:** Use low-fat 3 Tbsp butter spread, and omit melted butter step. Use fat-free half and half and low-fat Velveeta. Substitute 1 ¼ c liquid egg white for eggs. 292 Calories. 7g Fat (3g Saturated fat, 13mg Cholesterol.) 1100mg Sodium. 35g Carbohydrates (4g Fiber, 8g Total sugar.) 24g Protein.
- **Lower Carbohydrate:** Use real cheese, omit potatoes, and reduce corn by half. 447 Calories. 33g Fat (18g Saturated fat, 310mg Cholesterol.) 878mg Sodium. 12g Carbohydrates (2g Fiber, 4g Total sugar.) 25g Protein.
- **Lower Sodium:** Use unsalted butter and salt-free Cajun seasoning to reduce sodium to 650mg.
- **Dairy-free:** Use vegan butter, half and half and cheese. 429 Calories. 20g Fat (5g Saturated fat, 5mg Cholesterol.) 838mg Sodium. 38g Carbohydrates (4g Fiber, 9g Total sugar.) 25g 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 30g	38%	Total Carbohydrate 34g
Serving size 1 slice	Saturated Fat 17g	85%	Dietary Fiber 4g	14%
Calories per serving	Trans Fat 0.6g		Total Sugars 8g	
	Cholesterol 305mg	102%	Includes 0g Added Sugars	0%
500	Sodium 1130mg	49%	Protein 27g	54%
	Vitamin D 1.6mcg	8%	Calcium 217mg	15%
	Potassium 888mg	20%	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.