

# Crawfish Etouffee

## INGREDIENTS

- 4 lb Louisiana crawfish tails with liquid
- 2 Tbsp flour
- 3 Tbsp olive oil
- 3 c chopped onion
- ½ c chopped bell pepper
- ½ c chopped celery
- 1 tsp salt, or to taste
- 1 tsp red pepper flakes
- ½ c water
- 2 Tbsp chopped parsley
- ¼ c chopped green onion

## DIRECTIONS

1. In deep, cast iron skillet, add oil and flour and make a very light roux.
2. Add onion, celery and bell peppers and simmer for 10-15 minutes.
3. Add crawfish tails, water and seasonings, cover and continue to simmer 15 to 20 minutes longer.
4. Stir in green onion and parsley before serving with rice.



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## HEALTHY SWAPS

- **Lower Fat:** Make a skinny roux by roasting flour at 400 degrees for 60-90 minutes until desired color is reached. Cook with 3 Tbsp cold water until bubbly. Reduce oil to 1 Tbsp to help saute vegetables. 170 Calories. 3g Fat (1g Saturated fat, 0mg Cholesterol.) 480mg Sodium. 7g Carbohydrates (1g Fiber, 3g Total sugar.) 28g Protein.
- **Lower Carbohydrate:** The few carbohydrates in this dish are sourced from onion, reducing onion by half lowers calories to 173 and carbohydrates to 4g.
- **Lower Sodium:** Use salt substitute to reduce sodium to 290mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free flour. No significant change in macros.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		12 servings per container	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 7g
Serving size 1 Cup	Saturated Fat 0.5g	3%	Dietary Fiber 1g	4%	
<b>Calories</b> per serving	<i>Trans Fat</i> 0g		Total Sugars 3g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>180</b>	<b>Sodium</b> 480mg	<b>21%</b>	<b>Protein</b> 28g	<b>56%</b>	
	Vitamin D 0mcg	0%	• Calcium 16mg	2%	
	Potassium 116mg	2%	• Iron 0.3mg	2%	

\*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.