

Grilled Red Snapper with Lump Crab Appetizer

INGREDIENTS

- 1/2 stick butter
- 2 Tbsp flour
- 1/2 cup onion, chopped
- 1/4 cup celery, chopped
- 5 oz can of evaporated milk
- 1 egg yolk, beaten
- 3/4 cup Monterey Jack cheese, shredded
- ½ pound of white lump crab meat, about 1 cup
- 2 pounds of red snapper fillets, about 6 fillets
- 3 lemons
- 2 Tbsp Olive oil
- 1 Tbsp Creole seasoning
- 1 tsp Paprika
- 1/4 cup green onions, chopped

DIRECTIONS

1. In a heavy saucepan, melt the butter over medium heat. Add the onion and celery to the mixture and cook on low-medium heat until the vegetables are tender.
2. Add the flour and stir until combined and lightly browned.
3. Add the evaporated milk, egg yolk, cheese, seasoning, and stir continuously until the cheese has melted.
4. Gently stir in the crab meat and cook on low heat for 5 minutes to heat through.
5. Heat grill or cast iron skillet to medium/low heat. Add olive oil to coat the surface. Season fillets, add to grill. Squeeze juice of half a lemon to each fillet. Grill for 10 minutes until done. Fillets should be steamed, not charred.
6. Halve each fillet into appetizer portions.
7. Top with crab and cheese sauce, garnish with green onions and paprika.



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HEALTHY SWAPS

- **Lower Fat: 222 kcal (5g fats, 7g carbohydrates, 29g protein.)** Reduce butter to 2 Tbsp. Opt for non fat evaporated milk. Choose low fat cheese.
- **Lower Carbohydrate: 285 kcal (14g fats, 5g carbohydrates, 29g protein.)** Substitute ¼ tsp xanthan gum for flour. Substitute heavy cream for evaporated milk.
- **Lower Sodium: 264 kcal (5g fats, 7g carbohydrates, 30g protein, 384mg sodium.)** Opt for salt-free cajun seasoning.
- **Dairy-free: 237 kcal (8g fats, 6g of carbohydrates, 29g protein.)** Substitute 2 Tbsp coconut oil for butter. Substitute unsweetened cashew milk for evaporated milk.
- **Gluten-free: 261 kcal (10g fats, 6g carbohydrates, 30g protein.)** Substitute ¼ tsp xanthan gum for flour. Ensure Cajun seasoning is gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
12 servings per container Serving size 1/2 Filet Calories per serving	260	Total Fat 10g	13%	Total Carbohydrate 7g	3%
		Saturated Fat 4.8g	24%	Dietary Fiber 1g	4%
		<i>Trans</i> Fat 0.2g		Total Sugars 2g	
		Cholesterol 120mg	40%	Includes 0g Added Sugars	0%
		Sodium 620mg	27%	Protein 30g	60%
		Vitamin D 0.35mcg	2%	• Calcium 97.9mg	8%
		Potassium 110mg	2%	• Iron 0.4mg	2%
				• Vitamin A	6%
				• Vitamin C	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.