

# Grouper En Papillote

Recipe courtesy of Delcambre Market Consultant Chef John Reason

## INGREDIENTS

- 1 lb Louisiana grouper, cut into 4 pieces
- ½ tsp each of salt & pepper
- 1 tsp Cajun Mais Palm seasoning or Cajun seasoning of choice
- 1 medium tomato, diced
- 2 Tbsp olive oil
- 1 tsp crushed red pepper, or to taste
- 1 medium red bell pepper, thinly sliced
- 2 Tbsp fresh parsley chopped
- ½ small red onion, thinly sliced
- 4 lime slices

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cut 4 pieces of parchment paper into 18" pieces, and fold in half. Cut into a heart shape.
3. Season fish with salt, pepper and Cajun seasoning and place on unfolded parchment paper.
4. Top with equal amounts of remaining ingredients and fold paper over sealing the fish in the paper.
5. Bake 15-18 minutes.
6. Serve on a plate in folded parchment paper.



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## HEALTHY SWAPS

- **Lower Fat:** Reducing fat is not recommended as this dish contains 650mg of heart-healthy monounsaturated fats.
- **Lower Carbohydrate:** Vegetables are the source of carbohydrates in this dish; no recommendations to reduce further.
- **Lower Sodium:** Use salt substitute and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 65mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*		
	4 servings per container	<b>Total Fat</b> 8g		<b>10%</b>			<b>Total Carbohydrate</b> 6g	
Serving size 1 Parchment Bag (224g)	Saturated Fat 1g		<b>5%</b>		Dietary Fiber 2g		<b>7%</b>	
<b>Calories</b> per serving	Trans Fat 0g				Total Sugars 2g			
	<b>Cholesterol</b> 40mg		<b>13%</b>		Includes 0g Added Sugars		<b>0%</b>	
<b>190</b>	<b>Sodium</b> 330mg		<b>14%</b>		<b>Protein</b> 23g		<b>46%</b>	
	Vitamin D 0mcg	0%		Calcium 40mg	4%		Iron 1.5mg	8%
	Potassium 780mg	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.