

LSU Inspired Crawfish Appetizer

Recipe by Laurel Blackerby, MS, Delcambre Market Nutrition Expert

Also, try in a cheesy quesadilla or on top of a salad!

INGREDIENTS

- 1 lb Louisiana crawfish tails, cooked
- 1 c mango, chopped
- ½ c purple onion, diced
- ½ c red bell pepper, diced
- 1 avocado, diced
- 1 jalapeno, diced
- Juice of 1 lemon
- 3 Tbsp olive oil
- 1 Tbsp Cajun 180 Trinity Seasoning Blend

DIRECTIONS

1. In a medium bowl, gently toss together the crawfish tails, mango, onion, red pepper, avocado, and jalapeno,
2. In a small bowl, whisk together the lemon juice, olive oil, Cajun 180 Trinity Seasoning Blend. Pour the dressing over the crawfish mixture and toss gently to combine being careful not to break up the crawfish and avocado.
3. Serve with plantain or tortilla chips.



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HEALTHY SWAPS

- **Lower Fat:** Reduce oil to 1 Tbsp. 200 Calories. 10g Fat (1g Saturated fat, 0mg Cholesterol.) 1,260mg Sodium. 13g Carbohydrates (4g Fiber, 7g Total sugar.) 17g Protein.
- **Lower Carbohydrate:** Substitute yellow bell pepper for mango. 235 Calories. 15g Fat (0g Saturated fat, 0mg Cholesterol.) 1,225mg Sodium. 9g Carbohydrates (4g Fiber, 2g Total sugar.) 18g Protein.
- **Lower Sodium:** Use salt-free Trinity seasoning such as C'est Tout to reduce sodium to 177mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
5 servings per container Serving size 1 Cup Calories per serving	Total Fat 15g	19%	Total Carbohydrate 13g	5%
	Saturated Fat 2g	10%	Dietary Fiber 4g	14%
	Trans Fat 0g		Total Sugars 7g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 1260mg	55%	Protein 17g	34%
	Vitamin D 0mcg	0%	Calcium 17mg	2%
	Potassium 332mg	8%	Iron 0.5mg	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.