

Ragin' Cajuns Inspired Crawfish Appetizer

Recipe by Laurel Blackerby, MS, Delcambre Market Nutrition Expert

This is also delicious as a pasta sauce, cold dip, or schmear for sandwiches!

INGREDIENTS

- 1 lb Louisiana crawfish tails, cooked
- 3 Tbsp olive oil
- 1 yellow onion, diced
- 1 lb (about 4 cups) zucchini pulp
- 1 tomato, diced
- 1 red bell pepper, diced
- 3 cloves of garlic, minced
- 2 Tbsp tomato paste
- ½ c white wine
- Juice from 1 lemon
- 1 Tbsp Cajun 180 Trinity Seasoning blend
- 1 tsp sugar (to taste, to adjust acidity and bitterness from tomatoes and zucchini)
- 1 cup of feta cheese, crumbled

DIRECTIONS

1. In a large pan over medium heat, sauté onion in olive oil until translucent.
2. Add zucchini pulp, and cook for 5 minutes.
3. Add the diced tomato, red bell pepper, and garlic and stir for 2 minutes.
4. Add tomato paste & white wine and keep stirring until it is cooked and tender, approximately 5 minutes.
5. Season with Trinity Seasoning Blend and add lemon juice.
6. Stir everything well together for a minute then turn off the heat.
7. Garnish with feta crumbles and cooked crawfish.
8. Serve with warm grilled crostini or tortilla chips.



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HEALTHY SWAPS

- **Lower Fat:** Reduce oil to 1 Tbsp. Use fat-free feta cheese. 98 Calories. 2g fats, (<1g saturated fats, 2mg cholesterol.) 683mg Sodium. 8g carbohydrates, (2g fiber, 3g sugar.) 13g protein.
- **Lower Carbohydrate:** Zucchini is the primary source of carbohydrates in this dish, thus further reductions would change the integrity of the dish. Serve with low carb chips or keto bread.
- **Lower Sodium:** Use salt-free Trinity such as C'est Tout to reduce sodium to 229mg.
- **Dairy-free:** Use goat cheese or vegan feta cheese. 151 Calories. 10g fats, (5g saturated fats, 0mg cholesterol.) 692mg Sodium. 7g carbohydrates, (1g fiber, 3g sugar.) 9g protein.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	10 servings per container	Total Fat 8g		10%		Total Carbohydrate 6g		2%
Serving size 1 Cup	Saturated Fat 3g		15%		Dietary Fiber 1g		4%	
Calories per serving 140	Trans Fat 0g				Total Sugars 3g			
	Cholesterol 15mg		5%		Includes 0g Added Sugars		0%	
	Sodium 700mg		30%		Protein 12g		24%	
	Vitamin D 0.06mcg	0%		Calcium 95mg	8%	Iron 0.6mg	4%	
	Potassium 295mg	6%						

* 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.