

Red Snapper Cutlet with Grits

Recipe courtesy of Chef John Reason, Delcambre Market Consultant Chef

INGREDIENTS

- 1 lb Louisiana red snapper (4 cutlets)
- 2 tsp blackening seasoning of choice
- 2 Tbsp butter
- 2 Tbsp Habanero honey
- Grits:
- 2 ½ c water
- ½ cup yellow grits
- 2 ½ Tbsp butter
- ½ tsp salt
- 1 jalapeno, diced

DIRECTIONS

1. Season snapper with your choice of blackening seasoning.
2. Heat butter until sizzling hot. Lay fish skin side down to blacken 4-5 min depending on thickness. Flip fish over and repeat.
3. Brush hot honey over top to allow glaze. Once the fish is cooked, remove from heat and let it rest.
4. Grits: (can be prepared in advance.)
5. Combine salt and water, and bring to a boil. Once boiling, stir and whisk in grits. Continue whisking till thick and creamy.
6. Remove from heat and stir in butter & diced jalapeno. (May add pepper jack cheese and a splash of heavy cream, if desired.)
7. Spoon grits on plate, top with glazed red snapper and serve.



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HEALTHY SWAPS

- **Lower Fat:** Use non-stick cooking spray to blacken fish & use low-fat butter spread such as Smart Balance Light in grits. 315 Calories. 3g Fat (1g Saturated fat, 53mg Cholesterol.) 560mg Sodium. 29g Carbohydrates (2g Fiber, 8g Total sugar.) 31g Protein.
- **Lower Carbohydrate:** Substitute zero-sugar sweet chili sauce for habanero honey, and 3 c cauliflower rice for grits/water. 300 Calories. 13g Fat (8g Saturated fat, 88mg Cholesterol.) 640mg Sodium. 7g Carbohydrates (3g Fiber, 2g Total sugar.) 31g Protein.
- **Lower Sodium:** Use salt substitute and unsalted butter to reduce sodium to 225mg.
- **Dairy-free:** Use vegan butter or margarine.
- **Gluten-free:** Ensure blackening seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	4 servings per container	Total Fat 13g		17%			Total Carbohydrate 29g
Serving size 1 Cutlet	Saturated Fat 8g		40%		Dietary Fiber 2g		7%
Calories per serving	Trans Fat 0g				Total Sugars 8g		
	Cholesterol 90mg		30%		Includes 0g Added Sugars		0%
400	Sodium 620mg		27%		Protein 31g		62%
	Vitamin D 0mcg	0%	• Calcium 12mg	0%	• Iron 1mg	6%	
	Potassium 38mg	0%					

*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.