

Red Snapper Olive Tapenade

BY LAUREL BLACKERBY, MS, DELCAMBRE MARKET HEALTH & WELLNESS COORDINATOR

INGREDIENTS

Olive Tapenade

- 3/4 c pitted Kalamata Greek olives, diced
- 3/4 c jalapeno (or garlic) stuffed queen olives diced
- 1/2 c giardiniera pickled vegetables, diced
- 2 cloves garlic, minced
- 2 Tbsp celery, diced
- 3 Tbsp pimento pepper, diced
- 1 Tbsp parsley, chopped fine
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes
- 2 Tbsp red wine vinegar
- 1/2 c extra virgin olive oil

Red Snapper

- 2 lb Red Snapper
- 1 tsp Cajun180 La Cajun Gold
- 2 Tbsp flour
- 2 Tbsp olive oil
- Fresh herb sprigs for garnish
- 2 lemon, cut in wedges for garnish

DIRECTIONS

1. Mix together olives, giardiniera, garlic, celery, red peppers, parsley, oregano, red pepper flakes, red wine vinegar and olive oil. Cover with plastic wrap; refrigerate at least a few hours, preferably overnight to let flavors blend. (Yields 2 cups)
2. Season fish with paprika, fresh cracked pepper and salt on both sides. and then dust it lightly with flour on both sides.
3. Heat the remaining oil in a skillet over medium high heat. Add fish and cook 10 minutes per inch thickness, turning halfway through.
4. Plate the red snapper over mixed greens and top it with 1/4 cup prepared olive tapenade. Garnish with some more fresh herbs and lemon wedges.



www.delcambremarket.org

HEALTHY SWAPS

- **Lower fat:** No recommendations to make recipe lower fat without changing the integrity of the dish. Of the fat in the dish, 14g is heart-healthy monounsaturated fats.
- **Lower carbohydrate:** Recipe is low-carb as is.
- **Lower sodium:** Use Cajun180 La Cajun Gold "No-Salt" to reduce sodium to 126mg
- **Dairy-free:** Recipe is considered dairy-free.
- **Gluten-free:** Recipe is considered gluten-free.

To make the muffaletta sandwich:

- 2 round Italian bread loaves,
- 8 thin slices of hard salami
- 8 thin slices of provolone

Cut bread loaf in half from side to side. Spread a layer of olive tapenade on the inside of each half. Layer salami, provolone and then snapper on top of bottom half of loaf. Cover with the top half of the loaf. Cut into fourths and enjoy!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
	Total Fat 20g		26%	Total Carbohydrate 4g	1%
Saturated Fat 3g		15%	Dietary Fiber 1g	4%	
Trans Fat 0g			Total Sugars 0g		
Cholesterol 55mg		18%	Includes 0g Added Sugars	0%	
Sodium 400mg		17%	Protein 30g	60%	
Vitamin D 0mcg	0%	• Calcium 13mg	0%	• Iron 1mg	6%
Potassium 22mg	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.