

Seafood Gumbo

RECIPE COURTESY OF CHEF JOHN REASON

INGREDIENTS

- ½ lb Louisiana shrimp, peeled & deveined
- ½ lb Louisiana crab claw meat
- 1 pint of Louisiana oysters, reserve liquid
- 2 qt of shellfish stock
- 1 c vegetable oil
- 1 ¼ c flour
- 2 c onion, diced
- 1 c bell pepper, diced
- 1 cup celery, diced (about 4 ribs)
- 3 Tbsp Cajun Maispalm Seasoning
- 3 Tbsp gumbo file
- 1 Tbsp hot sauce
- ½ c chopped parsley
- 2 c sliced onion
- 6 c cooked rice

DIRECTIONS

1. In a large dutch oven, heat oil, sprinkle flour using wire whisk, stir constantly until dark roux is created.
2. Once golden brown, add onion, bell pepper, and celery. Cook for 8-10 minutes.
3. Add Cajun Maispalm Seasoning and gumbo file. Slowly add shellfish stock. Simmer for 1 hour. Add shrimp, crabmeat, oysters with liquid to the gumbo, and return to a low boil. Cook for 10 minutes.
4. Add green onion, parsley, hot sauce, and adjust any seasoning as needed.
5. Serve over cooked rice.
6. Optional: You can add sliced andouille sausage to gumbo if you choose.



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HEALTHY SWAPS

- **Lower fat:** Omit oil and make skinny roux by baking flour for 60-90 minutes at 400 degrees until golden brown. Combine with cold water and simmer in a pot for 20 minutes until desired thickness and color. 220 calories. 4g fat (1g saturated fat, 97mg cholesterol.) 1,975 mg sodium. 24g carbohydrates (2g fiber, 3g sugar.) 21g protein.
- **Lower carbohydrate:** Substitute $\frac{1}{2}$ cup whey protein isolate for flour when making roux, cook until bubbly and desired color. 432 calories. 31g fat (3g saturated fat, 100mg cholesterol.) 1,993mg sodium. 10g carbohydrates, 2g fiber, 3 sugar.) 28g protein.
- **Lower sodium:** Use salt-free cajun seasoning to reduce sodium to 749mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free. See above swap for lower carbohydrate.

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--------------------------------|--------------------------|----------------------|--------------------------|-------------------------------|
| | 8 servings per container | Total Fat 32g | 41% | Total Carbohydrate 24g |
| Serving size 2 cups | Saturated Fat 3g | 15% | Dietary Fiber 0g | 0% |
| Calories per serving | Trans Fat 0g | | Total Sugars 3g | |
| | Cholesterol 95mg | 32% | Includes 0g Added Sugars | 0% |
| 460 | Sodium 1980mg | 86% | Protein 20g | 40% |
| | Vitamin D 0mcg | 0% | Calcium 50mg | 4% |
| | Potassium 583mg | 10% | Iron 2mg | 10% |
| | | | | |

* 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.