



Crawfish Etouffee

Tender crawfish is simmered with onion, green pepper, and garlic in a light roux. This easy to follow recipe for a popular Louisiana staple will quickly become part of your Cajun recipe repertoire. Serve over rice.

Makes 4 (1-cup) servings

2 tablespoons olive oil
3 tablespoons all-purpose flour
1 onion, chopped
1/2 cup chopped green bell pepper
1 teaspoon minced garlic
1 cup fat-free chicken broth
1 tablespoon paprika
1 pound crawfish tails, rinsed and drained
Salt and pepper to taste
1 bunch green onions, stems only, finely chopped

1. In large nonstick skillet coated with nonstick cooking spray, melt butter and stir in flour. Cook over medium heat until light brown, about 6–8 minutes, stirring constantly. Add onion, green pepper, and garlic. Sauté until tender, about 5 minutes.
2. Gradually add broth and stir until thickened. Add paprika and crawfish. Bring to a boil, reduce heat, cover, and cook for about 15 minutes, stirring occasionally. Season to taste.
3. Stir in green onions and cook for another few minutes before serving.

Nutritional information per serving:

Calories 220
Calories from fat 36%
Fat 9 g
Saturated Fat 1 g
Cholesterol 155 mg
Sodium 217 mg
Carbohydrate 13 g
Dietary Fiber 4 g
Sugars 4 g
Protein 22 g
Diabetic Exchanges 1 carbohydrate, 3 lean meat

The browned flour and oil/butter creates a roux that gives the etouffee a deep rich flavor.