Louisiana HARVEST of the MONTH

Crawfish Dip

Home Recipe

Serves: 10
Prep Time: 20 minutes
Cook Time: 8 minutes

Ingredients

- 2 tsp dried minced garlic
- 2 Tbsp warm water
- 4 Tbsp butter
- 1 cup chopped vegetables (such as celery, onion, tomato, or bell pepper; any combination may be used)
- 12 oz. frozen crawfish tails, thawed
- 4 oz. diced pimentos, drained
- 1 tsp low-sodium Creole seasoning
- 8 oz. cream cheese, at room temperature

Nutrition Facts

10 Servings Per Container
Serving Size 1/2 cup (155g)

Amount Per Serving	
Calories	**200**
	% Daily Value *
Total Fat 13g	**17%**
Saturated Fat 8g	**38%**
Trans Fat 0g	
Cholesterol 145mg	**48%**
Sodium 220mg	**10%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**2%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 17g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.8mg	4%
Potassium 420mg	8%

* 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.

Cooking Instructions

1) In a small bowl, rehydrate the minced garlic in the warm water. Let sit for 15 minutes, then drain off the water.
2) In a 2-quart microwave-safe bowl, melt the butter. Add the chopped vegetables and cook on high for about 3 minutes, stirring halfway through, until vegetables are tender.
3) Add the crawfish tails, re-hydrated garlic, diced pimentos, and Creole seasoning. Cook on high for 5 minutes, stirring occasionally.
4) Stir in the cream cheese until the mixture is smooth and well combined.
5) This dip can be enjoyed warm or cold with crackers or sliced French bread.

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