Louisiana HARVEST of the MONTH

Crawfish Hand Pies

Home Recipe

Serves: 12
Prep Time: 30 minutes
Cook Time: 25 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
- 2 (14 oz.) packaged pie dough (four pastry rolls)

Nutrition Facts

12 Servings Per Container
Serving Size **2 hand pies (95g)**

Amount Per Serving
Calories **340**

	% Daily Value *
Total Fat 23g	**29%**
Saturated Fat 6g	**32%**
Trans Fat 0g	
Cholesterol 30mg	**9%**
Sodium 360mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 2g	**8%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 120mg	2%

* 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) Roll out the pie dough on a lightly floured surface to about $^1/_8$ inch thick. Use a 5-inch round cutter (or a bowl or lid) to cut out twenty-four circles. Re-roll dough scraps as needed.
6) Place 1 heaping tablespoon of filling in the center of each dough circle. Fold dough over and press edges with a fork to seal. Cut three small slits on top of each pie to allow steam to escape.
7) Place pies on a baking sheet and bake in oven (or toaster oven) at 325°F for 15–17 minutes, or until golden brown and heated through. Serve warm.

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