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I have a healthy Crawfish Etouffee recipe and healthy Crawfish Fettuccine recipe. My best Crawfish Cakes recipe is off the charts! My goal is to give you the best healthy Cajun recipes and there s so many samples on my healthy food blog. Visit my Louisiana Crawfish Blog for more healthy easy recipes.

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Crawfish Etouffee Recipe EatingWell

Stir in crawfish (or shrimp). Bring to a gentle simmer, cover and cook, stirring occasionally, for 10 minutes. Remove from the heat and stir in scallions and parsley. Bring to a gentle simmer, cover and cook, stirring occasionally, for 10 minutes.

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Healthy Crawfish Etouffee Slender Kitchen

When it comes to serving this Healthy Crawfish Etouffee, I usually opt for piling it over a pile of rice, which is how it is traditionally served. However, there are so many ways to enjoy this dish. You can serve it over pasta or spaghetti squash, pile it into a sandwich or wrap, and even make a Cajun style taco. Really there is no wrong way to eat it.

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Crawfish Recipes Allrecipes com

This recipe is easy and can be substituted with shrimp when crawfish are out of season. Even better when served with hot garlic French bread! Start cooking the rice first since this is a quick and easy dish.

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Holly's Recipes Crawfish

Easy crawfish recipe with around 5 ingredients for delicious Crawfish Pumpkin Soup recipe . This easy healthy crawfish recipe for a creamy, snappy soup is a diabetic Crawfish Pumpkin Soup recipe that everyone loves.

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Hi! I m Laura. I inspire moms to live a healthy lifestyle while juggling their family and work with fresh recipes and practical advice.

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Light Crawfish Monica Recipe Laura Fuentes

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A Healthier Gluten-Free Crawfish and Crab Gumbo Jeanette's Healthy Living 62 cajun seasoning, scallions, garlic cloves, parsley, salt, celery stalks and 12 more

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