

3. Gradually stir in milk until sauce is thick.

using this recipe

WELL DONE

ADVOCATE-TESTED RECIPE

Louisiana Crawfish King Cake

Makes 14 servings. Recipe is adapted by Holly Clegg from her "Gulf Coast Favorites" cookbook.

½ cup chopped onion	½ cup chopped green onion
½ cup chopped red or green bell pepper	3 tablespoons reduced-fat cream cheese
1 teaspoon minced garlic	2 (8-ounce) cans reduced-fat crescent rolls
1 cup Louisiana crawfish tails, drained and rinsed	Mardi Gras Topping (see recipe)

1. Preheat oven 350 F. Line a 10-inch round pizza pan with foil then coat with nonstick cooking spray.

2. In nonstick skillet coated with nonstick cooking spray, saute onion, red pepper and garlic until tender. Add crawfish, green onion and cream cheese, stirring until creamy. Remove from heat.

3. Separate crescent rolls at perforations into 16 slices. Place slices around prepared pan with points in the center. About halfway down from points, press seams together.

4. Spread crawfish mixture on dough in the center where seams have been pressed together. Sprinkle with cheese. Fold dough points over filling, then fold bottom of triangle over points forming circular roll like king cake.

5. Bake about 20-25 minutes or until golden brown. Sprinkle with Mardi Gras Topping.

Nutritional information per serving: calories 136, calories from fat 46 percent, fat 7g, saturated fat 2g, cholesterol 26mg, sodium 317mg, carbohydrate 15g, dietary fiber 0g, sugars 3g, protein 6g. Dietary Exchanges: 1 starch, ½ lean-meat, 1 fat

Mardi Gras Topping

6 tablespoons grated Parmesan cheese
Yellow, green, red and blue food coloring

1. In three small bowls, divide cheese. To first bowl, add a few drops of yellow food coloring. In the next bowl, add a few drops of green food coloring. In the last bowl, add equal amounts of red and blue food coloring; mix to make purple.

2. Sprinkle cheese over baked king cake. Return to oven 1-2 minutes or until cheese melted.



Louisiana Crawfish King Cake

PHOTO BY HOLLY CLEGG

Crawfish King Cake so good we had to bring it back

So many people told me how much they loved my Crawfish King Cake that I decided to bring it back just in case some of you missed it last year.

Recipe, 2D

This savory twist on the traditional treat is seriously great — and just what we need for parade season.

The king cake has a creamy crawfish cream cheese filling made with the onion, bell pepper, garlic and, of course, Louisiana crawfish, all wrapped in reduced-fat crescent rolls and topped



Holly Clegg

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with festive Mardi Gras-colored Parmesan cheese.

So, grab a bag of Louisiana crawfish tails and crescent rolls to make this amazing trim and terrific easy king cake recipe to celebrate two of our time-honored traditions: Mardi Gras and Louisiana crawfish! Visit

my healthycookingblog.com to find my easy Mardi Gras menu, which gives you the best festive recipes for the carnival season.

Holly Clegg, best-selling national cookbook author of the trim&TERRIFIC & Eating Well cookbook series, specializes in easy, healthy, everyday recipes. Visit her website, The Healthy Cooking Blog. Follow her on facebook.com/HollyClegg, instagram.com/holly_clegg and twitter.com/hollyclegg. Email her at holly@hollyclegg.com.