

Recipe for Mayor Womack of North Brunswick Township

Grilled Alligator w/Dirty Rice

Alligator (tail or filet) 2 pounds

6 bell peppers (yellow, orange, & green)

1 large package of mushrooms

pearl onions

Louisiana Cajun seasoning

Olive Oil/Butter

Meat Tenderizer

Louisiana Dirty Rice Mix

Cut alligator into nuggets, cut up all veggies. Place alligator and all vegetables on heavy duty aluminum foil. Season heavily with Louisiana Cajun Seasoning. Drizzle a little bit of olive oil over everything or add a few pats of butter. Sprinkle with meat tenderizer (optional). Wrap up the foil tightly. Cook on grill till vegetables and meat are tender (approximately 30 minutes). Serve over dirty rice. Add juices from the foil packet to the rice, veggies, and alligator. Enjoy!

Nutrition Facts

Serving Size 1/5 of recipe 501g (501 g)

Amount Per Serving

Calories 404 Calories from Fat 133

% Daily Value*

Total Fat 15g 23%

Saturated Fat 2g 12%

Trans Fat 0g

Cholesterol 86mg 29%

Sodium 919mg 38%

Total Carbohydrate 29g 10%

Dietary Fiber 4g 15%

Sugars 6g

Protein 44g

Vitamin A 11% • Vitamin C 196%

Calcium 3% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

© www.NutritionData.com