

Lobster Rolls

What You'll Need

- 5 tablespoons canola mayonnaise
- ¼ cup finely chopped celery
- 3 tablespoons minced onion
- 2 tablespoons whole milk Greek-style yogurt (such as Fage)
- 1 ½ teaspoons chopped fresh dill
- ½ teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 1 pound cooked lobster meat, cut into bite-sized pieces (about 3 1 ½ pound lobsters)
- 2 tablespoons butter, melted
- 8 hot dog buns
- 8 Bibb lettuce leaves



Step-by-Step Instructions

1. Combine first 7 ingredients in a medium bowl, stirring well. Add lobster to mayonnaise mixture; toss. Cover and chill 1 hour.
2. Brush butter evenly over cut sides of buns. Heat a large skillet over medium-high heat. Place buns, cut sides down, in pan; cook 2 minutes or until toasted. Line each bun with 1 lettuce leaf; top with 1/3 cup lobster mixture.

SERVES 8 (serving size: 1 sandwich)

CALORIES 272; **FAT** 12.3g (sat 3.3g, mono 5.1g, poly 2.9g)

PROTEIN 16.3g **CARBS** 22.9g **FIBER** 1.2g **CHOL** 52mg;

IRON 1.9mg; **SODIUM** 629mg; **CALC** 105mg