



Lobster Rolls

sandwiches

POINTS® Value: 5

Servings: 4

Preparation Time: 10 min

Cooking Time: 8 min

Level of Difficulty: Moderate

Like a day at the shore. Use really fresh lobster and a hefty squeeze of lemon for the best flavor.

Ingredients

1 1/2 Tbsp light butter, melted

4 roll reduced-calorie hot dog bun(s), split open

1 pound uncooked lobster meat, about 2 or 3 tails (fresh or frozen and thawed)

2 Tbsp unsalted butter

1/4 tsp table salt

1/4 tsp black pepper, freshly ground

2 tsp fresh lemon juice, or to taste

1/2 medium lemon(s), quartered

Instructions

Brush melted butter on inside of each split hot dog bun; set aside.

To remove meat from lobster tails, turn tails upside down and make a slit with a sharp knife in the underside of shell from top to tail. Hold shell with both hands and crack shell backwards so you can pull lobster meat out of shell in one piece, starting at top and working it out of the tail.

Slice raw lobster into bite-sized pieces.

Heat skillet over a medium-low heat; add butter, salt and pepper. When butter has melted, sauté lobster until pink, about 4 minutes. Remove lobster to a plate and deglaze pan with lemon juice; remove sauce from skillet and set aside.

Carefully wipe skillet clean; set over medium heat. Toast hot dog buns, buttered-side down, until golden brown.

Lay each toasted bun open on a plate and fill with lobster. Pour deglazed sauce over rolls and serve with lemon wedges. Yields 1 lobster roll per serving.

Notes

A real New England treat, these rolls can be made with shrimp or scallops or crabmeat, too (could affect **POINTS** values).

We wanted to highlight the lobster so we kept the seasonings simple but you can add 1 teaspoon of fresh minced tarragon or chives, or 1/2 teaspoon of mined capers to the butter, if desired.