

LOBSTER ROLLS



50 STATES
★ ★ ★
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 live lobster, 1½-2 pound
- ★ 2 tablespoons avocado oil mayonnaise, divided
- ★ 2 low-carbohydrate hot dog or split top buns
- ★ ½ teaspoon lemon juice, plus lemon wedges, for serving
- ★ ½ stalk celery, finely chopped, 2 tablespoons, 1 ounce
- ★ Black pepper, to taste
- ★ Butter lettuce, for serving
- ★ Chives, for serving, 1 chive thinly sliced

DIRECTIONS

Bring a large pot of water to a rolling boil. Quickly submerge the lobster, head first, and cover the pot. Cook for 11 to 12 minutes for a 1½ pound lobster, 15 minutes for 2 pounds, checking halfway through to make sure the lobster is still completely submerged. Use tongs to transfer lobster to a paper towel lined plate and let cool enough to be handled.

Once cool, remove meat from the shell and discard the shells. Cut meat into ¾-inch pieces (you should have about 7 ounces of meat), transfer to a plate and place in the refrigerator to chill.

Meanwhile, spread 1½ teaspoons mayonnaise on the cut sides of each bun. Heat a skillet over medium heat then toast buns, cut sides down, until golden, 1 to 2 minutes. Transfer to plates.

In a medium bowl combine remaining 4½ teaspoons mayonnaise, lemon juice, celery, and pepper. Add chilled lobster and stir gently to completely coat. Divide lettuce among buns, if using. Spoon meat evenly on top of buns and sprinkle with chives. Serve with lemon wedges.

Serving Size and Nutritional Information:

Serves 2 (Serving Size 1 Roll = 172g)
230 Calories Per Serving, **8g** Total Fat,
20g Total Carbohydrates, **30g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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