

## [HEALTHY LOBSTER RECIPES](#)



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### **Healthy Lobster Recipes EatingWell**

This boiled lobster recipe tells you all you need to cook lobster at home: a big pot, a pair of gloves to protect your hands, some lobster crackers (or kitchen shears) and small forks to help you get the sweet meat out of the shell. Plan on one 1- to 1 1/4-pound lobster per person. Store them for up to 24 hours in a ventilated container at the back of the bottom shelf of your refrigerator.

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### **Cholesterol Control 7 Healthy Lobster Recipes**

6. Low-Fat Lobster Salad. Enjoy this light recipe as a side or as a stand-alone salad, or serve it on whole-wheat hotdog buns for a healthy take on that lobster fan favorite, the lobster roll.

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### **Healthy Lobster Recipes POPSUGAR Fitness**

Lobster may be known as the quintessential menu item for extravagant evenings, but many don't realize there are also plenty of ways to make the shellfish work for a weeknight dinner or Summer

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### **Lobster Recipes Cooking Light**

Lobster can be pricey, though, so make that when you splurge, you have a trusted recipe that will highlight the lobster beautifully. This is a lobster and slider combo like you've never seen before. The fresh lobster patties sandwiched with crisp pickled radishes and tangy mayo are one happy family on a toasted wheat bun.

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### **Lobster Recipes Allrecipes com**

Use fresh lobster if available, but 2 (6 ounce) cans of lobster may be used instead. This recipe is rich and delicious. If you do not like spicy food, use paprika in place of cayenne pepper. Serve hot, over buttered toast slices.

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### **Quick and Easy Lobster Dinner Recipes cheatsheet com**

This Delish recipe only requires 15 minutes of preparation, and yields 4 servings. The end result? Perfectly grilled lobster that s topped off with a sweet, citrusy sauce.

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### **Low Calorie Low Fat Lobster Roll Recipe Hungry Girl**

Reduce heat to medium. Add lobster, cover, and cook for about 3 minutes, until shell halves have turned red and lobster is cooked through. Remove lobster, and set aside to cool. In a medium bowl, thoroughly mix mayo, lemon juice, salt, and pepper. Stir in celery. Once cool, remove lobster meat from the shell, and chop into small pieces. Discard shell, and stir lobster meat into the mayo mixture.

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### **Easy Lobster Recipes olivemagazine**

Lobster mac n cheese. Check out our easy yet impressive mac n cheese recipe with lobster. Everyone loves mac n cheese, but the addition of sweet, rich lobster turns this into a luxurious treat.

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**Healthy Lobster Bisque Recipe High Heels To Hot Wheels**

Full of lobster bisque flavor, but light on calories, this soup is perfect for any resolution or healthy diet plan.

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