



## A Taste of Canadian Agriculture

### Lobster rolls

11.3 oz. (312 mL)	fresh or frozen lobster meat
1/2 to 3/4 cup (125 mL to 175 mL)	mayonnaise
2 tsp (10 mL)	lemon juice
3 tbsp (45 mL)	celery, diced
2 tbsp (30 mL)	onion, minced (optional)

### Method

Thaw and drain lobster meat, then chop into bite-sized pieces. In a small mixing bowl combine the mayonnaise, lemon juice, celery and onion. Combine with the lobster and mix well. Spread the lobster salad on your favourite bread or croissant, or use as pita filling.

- Makes 4 to 6 servings

### NUTRITIONAL INFORMATION PER SERVING

- 305 Calories; 28 g fat; 10 g protein; 2 g carbohydrate

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