



Lobster Roll

The ultimate Nova Scotia "fast food" lends itself to picnics on the beach or lunch for two on the deck. For a lighter variation try using pita pockets instead of the traditional roll.

- 1 11.3 oz (312 mL) tin frozen lobster meat*
- ½ - ¾ cup mayonnaise (125 mL - 175 mL)
- 2 tsp lemon juice (10 mL)
- 3 tbsp diced celery (45 mL)
- Optional: 2 tbsp minced onion (25 mL)

novascotia.com

Thaw and drain **lobster meat**. Chop into bite size pieces. In a small mixing bowl combine **mayonnaise** with **lemon juice, celery** and **onion**. Add to lobster and mix well. Spread the lobster salad on your favorite bread, croissant or use as a pita bread filling. **Serves 4 to 6.**

*Yields approximately 2 cups (500 mL) of lobster meat.

novascotia.com

novascotia.com recipe cards - 4" x 6"

This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit novascotia.com to plan your Nova Scotia getaway.