



Lobster Salad

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This lobster salad is a combination of fresh lobster meat, vegetables and herbs in a light and creamy dressing. An easy yet elegant dish that makes for the perfect lighter main course option!

Course Salad

Cuisine American

Keyword lobster salad

Prep Time 9 minutes

Cook Time 1 minute

Total Time 10 minutes

Servings 4

Calories 150kcal

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Ingredients

- 1 1/2 pounds cooked lobster meat approximately 3 1/2 cups, cut into 3/4 inch pieces
- 1/3 cup mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/4 cup celery finely chopped, use the tender inner stalks
- 1 tablespoon chives thinly sliced, plus more for garnish
- salt and pepper to taste

Instructions

1. Place the lobster meat, mayonnaise, lemon juice, celery, chives, salt and pepper in a bowl. Stir gently to combine.
2. Serve immediately, or chill for up to 4 hours. Garnish with additional chives before serving.

Nutrition

Calories: 150kcal | Carbohydrates: 1g | Protein: 1g | Fat: 16g | Saturated Fat: 5g | Cholesterol: 21mg | Sodium: 145mg | Potassium: 52mg | Fiber: 1g | Sugar: 1g | Vitamin A: 733IU | Vitamin C: 3mg | Calcium: 8mg | Iron: 1mg