

EAST & WEST LOBSTER ROLL

on Mini Whole Grain Buns with
Arugula & Cherry Tomatoes

Yield: 40 portions



Ingredients

| LOBSTER SALAD |
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| 12 oz. Lobster meat, cooked, chopped |
| 1 Tbsp. Chives, chopped |
| ½ cup Hellmann's® Light Mayonnaise |
| ½ cup Celery, finely diced |
| ½ cup Green grapes, seedless, thinly sliced |
| ¼ tsp. Lemon zest, grated |

| SANDWICH |
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| 40 ea. Whole grain bread, 2" rounds |
| 3 oz. Hellmann's® Light Mayonnaise |
| 40 ea. Beet slices, red or golden, roasted |
| 2 cups Arugula leaves |
| 20 oz. Lobster salad |
| 40 ea. Cherry tomatoes, roasted |
| Celery leaf or chervil, for garnish |

Preparation

1. **For the lobster salad:** Blend all ingredients, season to taste, and chill.
2. **For sandwich:** Griddle bread on one side. Spread Hellmann's® Light Mayonnaise on bread rounds. Place slice of beet on bread, then arugula leaves.
3. Top with ½ ounce of lobster salad. Place one tomato on top of salad. Garnish with celery leaf or chervil.

Nutrition information, 1 serving:

Calories 160, Calories from fat 30, Total fat 3 g, Saturated fat 0.5 g, Trans fat 0 g, Cholesterol 5 mg, Sodium 260 mg, Total Carbs 24 g, Dietary fiber 4 g, Sugars 6 g, Protein 8 g, Vitamin A 0 %, Vitamin C 6 %, Calcium 6 %, Iron 8 %