

Baked Stuffed Lobster

Ingredients

- 100 grams raw lobster tail
- 1 serving Melba toast crumbs
- ½ cup vegetable broth or water
- ⅓ teaspoon garlic powder
- ⅓ teaspoon onion powder
- 1 clove of garlic, crushed and minced
- Paprika to taste
- 1 tablespoon onion, minced
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 Melba toast)
20 grams protein
1 gram fat
115 calories

PHASE 3 MODIFICATIONS:

Add Parmesan cheese to the stuffing and serve with melted butter.

Directions

1. Mix Melba toast crumbs with spices, garlic, and onion.
2. Stuff lobster tail with Melba mixture and place into baking dish, stuffing side up.
3. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes.
4. Broil for an additional 1-2 minutes to brown.
5. Add salt and pepper to taste and serve with lemon wedges.

