

## **Mexican BLT Lobster Rolls**

Rachael Ray

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**Servings: 4**

**8 slices bacon**

**1 ripe Haas avocado**

**1/2 cup sour cream**

**1 lemon, juiced**

**1 clove garlic, pasted or grated**

**3 tablespoons red onion, grated or chopped**

**2 tablespoons cilantro, finely chopped**

**sea salt**

**3 cups cooked lobster meat**

**4 rolls, preferably brioche, lightly buttered and toasted**

**chopped iceberg lettuce**

**chopped tomatoes**

Preheat the oven to 375 degrees.

Bake the bacon on a broiler pan until crisp, 15 to 18 minutes. Let cool, then coarsely chop.

Mash the avocado with the sour cream, lemon juice, garlic, onion and cilantro. Season with sea salt.

Fold in the lobster.

Fill the toasted rolls with the lettuce, lobster, bacon and tomatoes.

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Per Serving (excluding unknown items): 250 Calories; 13g Fat (46.9% calories from fat); 28g Protein; 6g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 633mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.