

Florida Lobster Bites with Avocado-Lime Puree

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Servings: 4

*2 nine-ounce spiny lobster tails,
removed from the shell and cut into
one-ounce bites.*

*20 three-inch bamboo skewers
canola or olive oil for cooking
sea salt (to taste)*

fresh ground pepper (to taste)

1/2 avocado

2 limes, juiced

1/2 red bell pepper, diced fine

Preheat a medium-sized saute' pan over medium-high heat.

Skewer each lobster bite onto the bamboo skewers. Lightly season with salt and pepper.

In a blender or food processor, add the avocado and lime juice. Season lightly with salt and pepper. Puree' the avocado mixture until smooth, adding one tablespoon of water at a time until the desired thickness is reached. The avocado puree' should be smooth and creamy and should be thin enough to pour into a small bowl or shot glasses.

Add one tablespoon of the cooking oil to the hot pan. Carefully add the skewered lobster bites to the hot pan, being careful not to overcrowd the pan. Cook for just 30 seconds on each side. The lobster bites will cook quickly so it is important to watch them closely.

Once the lobster bites are cooked, remove them from the pan and drain on a paper towel. Repeat the cooking process until all of the lobster bites are cooked. (This cooking process can be done ahead of time and the lobster can be served cold, if desired.)

To serve: Arrange the lobster bites on a plate with a bowl of avocado puree'; or add a small amount of puree' into the bottom of several shot glasses and top each glass with the cooked lobster bites.

Garnish the lobster bites with the fine-diced red pepper.

Per Serving (excluding unknown items): 55 Calories; 4g Fat (55.2% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	39.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	22mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	211mg	Fruit:	1/2
Calcium (mg):	15mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	40mg		
Vitamin A (i.u.):	1005IU		
Vitamin A (r.e.):	100 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 55 **Calories from Fat:** 30

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A	20%
Vitamin C	67%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.