

Roasted Lobster Tails with Ginger Dipping Sauce

SOURCE: Cooking Light, DECEMBER 2000 - Leslie Revsin

INGREDIENTS:

Sauce:

3/4 tsp dry mustard
1/2 tsp water
3 TBS low-sodium soy sauce
1 TBS plum sauce
1 TBS dry sherry
3/4 tsp minced peeled fresh ginger

Lobster:

2 (8-oz) frozen lobster tails, thawed
Cooking spray
1 tsp vegetable oil
1/4 tsp dark sesame oil
1/4 tsp black pepper
Sliced green onions (optional)

DIRECTIONS:

Preheat oven to 425° F.

To prepare sauce, combine mustard + water in small bowl - stir well with a whisk - Stir in soy sauce, plum sauce, sherry + ginger - set aside.

To prepare lobster, make lengthwise cut through top of each lobster shell using kitchen shears, cutting to, but not through, lobster meat - press shell open.

Place lobster tails, cut sides up, in shallow roasting pan coated with cooking spray - combine oils + pepper - spoon over lobster meat.

Bake 13 minutes at 425° F or till lobster meat turns opaque - serve lobster with sauce - garnish with onions, if desired.

Yield: 2 servings (serving size: 1 lobster tail and 2 tablespoons dipping sauce)

NUTRITION PER SERVING: CALORIES 194 (23% from fat); FAT 5g (sat 0.8g, mono 1.4g, poly 2.1g); PROTEIN 27.6g; CARB 8.3g; FIBER 0.2g; CHOL 92mg; IRON 1.2mg; SODIUM 1263mg; CALC 86mg