

Lobster Salad

- 1 cooked lobster, shelled and cut bite-sized (.75 kg or 1.7lb)
- 5 asparagus, tough ends trimmed and very thinly sliced on an angle
- 1/2 large red pepper, very thinly sliced
- 2 scallions, just the white and pale green parts, thinly cut on an angle
- whole lettuce leaves (to hold the salad)
- parsley sprigs, as garnish

Lobster Salad Dressing

- 1/4 c 2% Greek yogurt
- 1 T olive oil
- 1 T balsamic vinegar
- 1/4 t wasabi powder or wasabi paste
- 1 clove garlic, minced
- sea salt and freshly ground black pepper

Mix dressing ingredients in a medium-sized bowl, then add asparagus, pepper and scallions. Marinate for 15 minutes at room temperature. Divide the marinated vegetables into 4 lettuce leaves. Place the lobster on the tip of each lettuce leaf so that the marinated vegetables show and, garnish the platter with extra lettuce, parsley sprigs and a few lobster legs. Serves 4.

Jittery Cook