

Need Platter

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Maine Blueberry & Lobster Salad

Cook	Ready In
25 m	25 m

Recipe By: EatingWell Test Kitchen

"This green salad recipe with berries is a delicious way to get your antioxidants. You can also try this salad with crab or shrimp if fresh lobster is hard to find. Serve with crusty garlic bread."

Ingredients

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| • ¼ cup orange juice | • 10 cups torn red leaf lettuce (1-2 heads) |
| • ¼ cup extra-virgin olive oil | • 1½ cups fresh blueberries |
| • 2 tablespoons champagne vinegar or white-wine vinegar | • ¼ cup slivered red onion |
| • 1 tablespoon chopped shallot | • 1 tablespoon chopped fresh tarragon |
| • ½ teaspoon salt | • 1 pound chopped cooked lobster meat or crabmeat (about 2¾ cups) |
| • Pinch of ground pepper | • 6 tablespoons toasted sliced almonds <i>optional</i> |

Directions

- 1 Combine orange juice, oil, vinegar, shallot, salt and pepper in a blender. Puree until smooth.
- 2 Toss lettuce, blueberries, onion and tarragon with half the vinaigrette in a large bowl. Divide among 6 dinner plates. Gently mix lobster (or crab) and the remaining vinaigrette in the bowl. Divide among the salads and sprinkle with almonds.