

ONIONS

Lobster-Tarragon Toasts

29 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.61	55 kcal

Lobster-Tarragon Toasts could be just the pescatarian recipe you've been looking for. This recipe makes 8 servings with 55 calories, 3g of protein, and 1g of fat each. For 61 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. 1 person were impressed by this...

Ingredients

- ☐ 4½ ounces 16 (1/2-inch thick) slices French bread baguette (about
- ☐ 2 tablespoons minced celery
- ☐ 2 teaspoons chopped fresh tarragon
- ☐ 2 teaspoons plain fat-free Greek yogurt
- ☐ 5 ounces cup chopped cooked lobster tail (about
- ☐ 1 tablespoon reduced-fat mayonnaise
- ☐ 2 tablespoons minced onion
- ☐ 0.1 teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven

Method

- 1

Preheat oven to 37
- 2

Place bread slices on a baking sheet. Lightly coat tops of bread slices with cooking spray.
- 3

Bake at 375 for 8 minutes or until toasted. Cool.
- 4

Combine lobster and the remaining ingredients in a small bowl. Spoon 1 rounded tablespoon lobster mixture onto each toast.

Nutrition per serving

55
KCAL

3 g
PROTEIN

1 g
FAT

9 g
CARBS

Saturated Fat	0.2 g · 1% of daily needs
Fibre	0.5 g · 2% of daily needs
Sugar	1 g · 1% of daily needs
Sodium	170 mg · 7% of daily needs
Cholesterol	6.6 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/lobster-tarragon-toasts-146498