Broiled Lobster

Servings: 2

Ingredients
2 lobster tails
1 tablespoon butter, melted
1/4 teaspoon ground paprika
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon lemon juice
1 teaspoon fresh parsley, diced

Preparation
1) Preheat the broiler.
2) Place lobster tails on a baking sheet. With a sharp knife or kitchen shears, carefully cut top side of lobster shells lengthwise. Pull apart shells slightly and season meat with equal amounts butter, paprika, salt, pepper, parsley, and lemon juice.
3) Broil lobster tails until lightly browned and lobster meat is opaque, about 5 to 10 minutes.

Parmesan Squash Cakes

Servings: 2
From http://www.eatingwell.com/recipes/parmesan_squash_cakes.html

Ingredients
1 large egg
1/3 cup finely chopped shallots
1/2 tablespoon chopped flat-leaf parsley
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1 large squash, shredded
1/4 cup grated Parmesan cheese
1 tablespoon extra-virgin olive oil

Preparation
1) To remove the seeds from summer squash, cut the squash in half lengthwise and scrape out the seeds with a spoon. To shred the squash, use the large-holed side of a box grater.
2) Preheat oven to 400°F.
3) Beat egg in a large bowl. Stir in shallots, parsley, salt and pepper. Place shredded squash in the center of a clean kitchen towel; gather up the ends and twist to squeeze out any liquid. Add the squash and cheese to the bowl; stir to combine.
4) Heat oil in a large nonstick skillet over medium heat. Pack a 1/3-cup measuring cup

with the squash mixture and unmold it into the pan; gently pat it down to form a 3-inch cake. Repeat, making 2 squash cakes total.

5) Cook until browned and crispy on the bottom, 3 to 4 minutes. Gently turn the cakes over and transfer the pan to the oven. Bake for 10 minutes. Serve immediately.