

# VITAMINSEA®

MAINE SEA VEGETABLES

## Recipe

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### LOBSTER CASSEROLE

- 1/2 cup Butter
- 1 Small Onion, Diced
- 1 1/2 tsp. Flour
- 1 1/2 cups Milk
- 2 lbs. Fresh Lobster
- 2 tsp. Dulse Flakes
- 2 tsp. Kelp Flakes
- 1/2 cup Sliced Fresh Mushrooms
- 3 Medium Raw Potatoes, Sliced

Pre-heat oven to 375. Melt butter, add onion, stir in flour and milk until thickened. Lightly spray casserole dish with non-stick spray. Place lobster in casserole dish, sprinkle with Dulse Flakes, Kelp Flakes, and mushrooms. Pour 1/2 of the sauce over lobster. Next layer with potatoes, pour over remaining sauce. Bake for 45 minutes.