

# Lobster Cup Sensations

## Ingredients:

- Phyllo Dough Pastry Sheets
- 2, large lobster tails
- Uncle Ben's brown basmati rice (microwavable package)
- 2 oz. cream cheese
- 1 tsp. Old Bay Seasoning
- 1/2 tsp. onion powder
- pinch pepper
- 1/4 cup half and half
- cilantro (for garnish)

Heat oven to 350 degrees. Taking 2 sheets at a time, cut phyllo dough into squares large enough to be placed in a cupcake baking pan. Brush dough with melted butter and place in the oven for about 10 minutes, or until dough is golden brown. Remove and let cool.

Fill a large pot or sauce pan with water. Heat on high until it comes to a boil, and submerge lobster tails into pan. Reduce heat to medium-high and let boil for about 8 to 10 minutes or until lobster shell turns pink and lobster meat is cooked. Remove and let cool a few minutes.

While lobster tails are cooling, microwave rice according to instructions on the package. Pour rice into a large bowl and add cream cheese, Old Bay, onion powder, pepper, and half and half. Stir until cream cheese has melted.

Cut lobster in half, lengthwise, and remove meat. Chop meat into small cubes and add to rice mixture. Spoon mixture into baked phyllo cups and garnish with cilantro. Enjoy!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Today, be a blessing!" - Anonymous***