

HOW SWEET IT IS

Where Gluttony Meets Fitness

Field Trip!

Jan 6th, 2010 by [Jessica](#)

This afternoon I went on my own little *field trip* – as my husband called it. Erica from Red Lobster had invited me to a media open house to celebrate the completion of the remodeled Pittsburgh Red Lobster's. The new restaurants are modeled after Bar Harbor in Maine, and they are very quaint.

I must admit that I had never been to Red Lobster before, and I was pleasantly surprised. They had a lot of healthy options for us to try, and they were all delicious!

We had small plates of the following:

Peppercorn crusted salmon



Lobster pizza



Cherry-maple glazed chicken skewers



Mango glazed jalapeno shrimp



It was all fantastic, but I must say that the shrimp was my absolute favorite. We had a great time chatting with the executives of Red Lobster, including Michael LaDuke – executive chef & Food Network judge. If you guys have a Red Lobster near you, you have to get there soon! They have so many healthy dishes on the menu.

My mom came with me and we had a great time. Thanks for the invite, Erica! 😊

After the event, we headed to the mall because I can't seem to stop wasting my life savings away on shoes.

That's a complete joke, because I've never had a life savings. Unless you count the 200 shoe boxes in my closet. I do.

After shopping, the idea of driving in freezing rain in rush hour traffic was not appealing to me. We stopped for a cocktail and appetizer at The Cheesecake Factory, where I just about died and went to heaven.

Parmesan stuffed dates wrapped in bacon.



Whoever created this dish must *know* me, or peep in my window, or look at my jean size and know how much I love bacon. It was fabulous.

Now I'm home, safe and sound, cuddled up on the couch hoping to continue the Big Love marathon. Who needs sleep?