



**LEAN**  
on *Lamb.*

THE *SUPPER CLUB* WITH *LAMB*





YOUR GUIDE  
TO CREATING THE PERFECT  
*SUPPER CLUB* WITH *LAMB*

The supper club emerged some years ago as a means for chefs to create “underground” restaurants at unique locations, such as someone’s home, an open field or a tucked-away urban site. This club was exclusive, offering a select group the opportunity to enjoy the culinary delight of a talented chef in an intimate setting outside the hustle bustle of a downtown restaurant. Today, the supper club has evolved to allow anyone to create a masterful meal that brings friends together for fun and feasting.

True to its origin, the supper club is a celebration of great food, and there is no better way to impress and satisfy your closest friends than with a lamb-inspired supper club. Lamb is redefining mealtime as an out-of-the-ordinary protein option with rich flavor, an impressive nutrient package as well as ease and versatility. Lamb is special—ultimately creating memorable eating occasions that stand out from the crowd, adding delicious variety, inspiration, and wholesomeness to dinner parties.

And increasingly, chefs and tastemakers are turning to lamb because it’s the perfect balance of flavor, nutrition, versatility, and simplicity. For your next supper club, lean on lamb to create an experience your guests won’t soon forget.

This guide provides you with everything you need to know in order to host your next lamb-inspired supper club—from what cut to buy to seasonal recipes. Bon appétit!

## Lamb: Feel Good About Entertaining

There's a place for lamb in every kitchen—it creates the mealtime experiences you crave. Nothing compares to the deliciousness of lamb. Its rich flavor and tender, juicy texture stand out, adding a special succulence to the plate. With lamb, you'll feel good about the supper club experience you create for your guests. It makes dinner parties inspired and memorable with a taste of excitement and newness—an adventure on the plate.



## Lamb and Your Health

Lamb has health benefits. On average, a 3-ounce serving of lamb is lean and has only 175 calories. The leanest cuts of lamb include those from the leg, loin and shank. Lamb is nutrient rich. On average, it's an excellent source of protein, vitamin B12,

niacin, zinc, and selenium and a good source of iron and riboflavin. Also, lamb is available to meet a range of preferences—from natural or organic lamb to lamb that has been exclusively grass-fed or grain finished.

As the chart below indicates, lamb easily fits within the total fat, saturated fat, and cholesterol recommendations set forth by the 2010 Dietary Guidelines for Americans.

Dietary Guidelines for Americans

Average Value for 3-ounce Cooked Portion of Lamb

Total Fat	20% to 35% of calories (44 g to 77 g per day for a 2,000 calorie diet)	8 g
Saturated Fat	<10% of calories (20 g or less per day for a 2,000 calorie diet)	3 g
Cholesterol	<300 mg per day	80 mg

## Preparing Lamb: Easy Does It!

### Fresh Lamb

Fresh lamb should be stored in the refrigerator or frozen immediately after purchasing.

#### » Refrigerate

Refrigerate fresh lamb at 40 degrees, or below, immediately after purchasing. Ground lamb or stew meat should be used within 1 to 2 days. Lamb chops, roasts and steaks should be used within 3 to 5 days. Fresh lamb can also be frozen immediately at 0°F or below.

#### » Freeze

Lamb can be frozen in its original packaging or repackaged. If you plan to freeze lamb for long periods of time, be sure the wrapping is airtight. This may require you to wrap the original packaging with airtight freezer wrap or place in an airtight freezer bag to prevent “freezer burn.” To maintain optimum quality, frozen lamb roasts, steaks, and chops should be used within 6 to 9 months and ground lamb within 3 to 4 months.

### Frozen Lamb

There are three ways to thaw frozen lamb safely: in the refrigerator, in cold water, and in the microwave.

#### » In the Refrigerator

Once frozen lamb has thawed in the refrigerator, roasts, steaks and chops can be stored safely in the refrigerator for 3 to 5 days and ground lamb will be safe for 1 to 2 days. If you decide not to use it during this time period, you may refreeze lamb without cooking it first.

#### » In Cold Water

When thawing in cold water, leave frozen lamb in its packaging, making sure it is airtight. If not, transfer it to a leak-proof bag. Keep the lamb submerged in cold water, changing it every 30 minutes to continue thawing. Plan to cook it immediately. It should not be re-frozen unless cooked first.

#### » In the Microwave

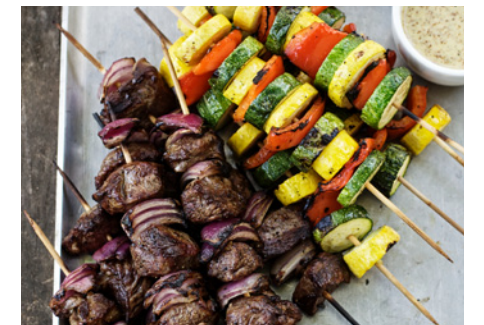
As with the cold water method, when frozen lamb is thawed in the microwave, it must be cooked immediately. It should not be re-frozen unless cooked first.

### Cooked Lamb

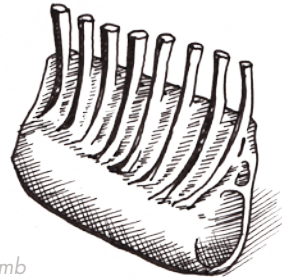
Cooked lamb from take-out should be hot when bought. Be sure to use it within 2 hours (or 1 hour if the air temperature is above 90 degrees). Otherwise, refrigerate it at 40 degrees or below in shallow, covered containers and eat within 3 to 4 days cold or reheated to 165 degrees.

Prepared lamb can also be safely frozen and should be eaten within 2 to 3 months for best quality.

*Opposite Page: Braised Lamb Shanks with White Beans and Tomatoes. Complete recipe on p. 16. Below: Grilled Lamb and Vegetable Kabobs with Dipping Sauces. Complete recipe on p. 11.*



## Lamb Cuts 101



Rack of Lamb

### Rack of Lamb

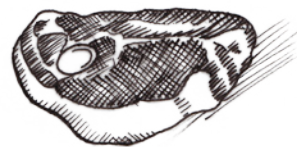
The rack of lamb comes from the front/middle section. Rib chops are individual or double chops cut from the rack. A rack of lamb can also be frenched, which is the removal of fat and tissue between the bones.



Rib Chops

### Lamb Shoulder

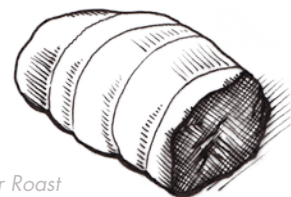
The shoulder of the lamb, derived from the forequarter, is an economical cut. It is most suitable for long, slow, moist cooking to tenderize it. Quite often the shoulder is cut into chops, used for stew and casseroles or ground.



Shoulder Chop



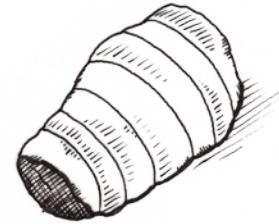
Stew/Kabob Meat



Shoulder Roast

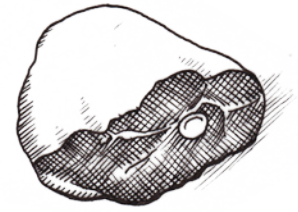
### Leg of Lamb

The leg of lamb comes from the hindquarter. It may be a whole leg with sirloin attached, partly boned, boneless, or a center cut roast. The classic leg of lamb is the most versatile cut, as it can be rolled and tied, butterflied, boned, cubed (for kabob), or prepared whole. The leg, with little surrounding fat and minimal fat inside, can easily be trimmed to your specifications. The meat is tender yet firm and is suitable for a variety of cooking methods. It is an economical cut for entertaining and great for leftovers. Lamb legs will serve several people.

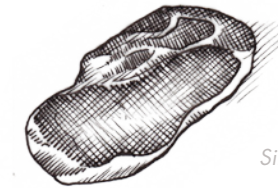


Boneless Leg of Lamb

Stew/Kabob Meat



Bone-in Leg of Lamb



Sirloin



Loin Chop

### Lamb Loin

The loin of lamb comes from the middle, lower section of the rear quarter. The loin is usually divided into loin chops, which are typically available at your local retailer. This jewel of the lamb is very tender, and cooking time should be minimal.

### Lamb Shank

Lamb shanks come from the fore or hind leg and are best roasted or braised to elicit the juices from the bone. Shanks are almost always cooked in liquid, at length, until the meat starts separating from the bone. Although long, slow cooking is a must, the dual rewards of flavor and unique taste more than justify it.



Lamb Shank

## Cooking Lamb: Simple, Versatile, and Delicious!



Lamb is easy to cook and brings variety to the table. Cooking lamb is just as simple as cooking other meats, and lamb has great flavor. From grilling to roasting, braising to broiling, stir frying to slow cooking, lamb can accommodate many cooking techniques.

With a variety of cuts to choose from, there are lots of options with lamb, and it fits within any budget. Lamb is an important ingredient in many popular global cuisines—from French to Greek, Turkish, Middle Eastern, Indian, and North African.

To ensure lamb remains safe throughout cooking, the USDA\* recommends cooking lamb patties and ground lamb mixtures, such as meat loaf, to a minimum internal temperature of 160 degrees as measured on a food thermometer. However, whole muscle meats such as roasts, steaks, and chops may be cooked to 145 degrees (medium rare), 160 degrees (medium), or 170 degrees (well done).

For approximate cooking times for use in meal planning, see the chart on the opposite page.

### » Please Note

Times are based on lamb at refrigerator temperature (40 degrees). Remember appliances and outdoor grills can vary in heat. Use a food thermometer to check for safe cooking and doneness.

*Above: Slow Cooker Moroccan Lamb Stew Complete recipe on p. 15.*

Cut of Lamb	Size	Cooking Method	Cooking Time	Internal Temperature
Lamb Leg, Bone in	5 to 7 lbs.	Roast 325°F	20 to 25 min./lb. 25 to 30 min./lb. 30 to 35 min./lb.	Medium Rare 145°F Medium 160°F Well Done 170°F
	7 to 9 lbs.	Roast 325°F	15 to 20 min./lb. 20 to 25 min./lb. 25 to 30 min./lb.	Medium Rare 145°F Medium 160°F Well Done 170°F
Lamb Leg, Boneless, Rolled	4 to 7 lbs.	Roast 325°F	25 to 30 min./lb. 30 to 35 min./lb. 35 to 40 min./lb.	Medium Rare 145°F Medium 160°F Well Done 170°F
Shoulder Roast or Shank Leg Half	3 to 4 lbs.	Roast 325°F	30 to 35 min./lb. 40 to 45 min./lb. 45 to 50 min./lb.	Medium Rare 145°F Medium 160°F Well Done 170°F
Cubes, for Kabobs	1 to 1.5"	Broil/Grill	8 to 12 minutes	Medium 160°F
Ground Lamb Patties	2" thick	Broil/Grill	7 to 11 minutes 15 to 19 minutes	Medium Rare 145°F Medium 160°F
Chops, Rib, or Loin	1 to 1.5" thick	Broil/Grill	7 to 11 minutes 15 to 19 minutes	Medium Rare 145°F Medium 160°F
Leg Steaks	.75" thick	Broil/Grill 4" from heat	14 to 18 minutes	Medium 160°F
Stew Meat, Pieces	1 to 1.5"	Cover with liquid; simmer	1.5 to 2 hours	Medium 160°F
Shanks	.75 to 1 lb.	Cover with liquid; simmer	1.5 to 2 hours	Medium 160°F

\*USDA Food Safety and Inspection Service's Lamb from Farm to Table Fact Sheet

## How-To Guide

This guide will help you create a supper club that will leave your guests waiting for their next invitation.

# Lamb: The Centerpiece for Your Next Supper Club

*The hallmark of the supper club is that it creates a unique and intimate environment where the focus is enjoying food with friends and conversations abound. The perfect host nurtures this environment by creating a delicious meal that defines the evening as a special occasion. Lamb offers just this.*

## » The Vision

Hosting a supper club gives you the opportunity to tap into your own creativity, so think about the experience you want to create. Casual or formal? Indoor or outdoor? Are you preparing all the food yourself or do you want your guests to collaborate and bring dishes of their own? Or do you want to get your guests involved in the prep and cooking (this can be a lot of fun, if your kitchen space allows).

Ultimately, you'll want to create an environment where your guests are comfortable and inspired by the enjoyment of delicious food.

## » The Guests – How Many and Who

First, decide on a number of guests with which you're comfortable. You'll want to

have enough people at the supper club to keep the conversation lively and interesting but not so many that folks get lost in the crowd. Eight to twelve guests is an excellent place to start.

You'll want to have a nice mix of guests, and remember: they don't all have to know each other. Supper clubs provide a convivial environment that helps create new connections. Also, this is a great time to open your door to neighbors or re-connect with friends you haven't seen in a while.

## » The Menu – Bring on the Flavor

There are no rules when it comes to supper club menus—they can be as complex or simple as you like. Once you have a vision for your supper club and you know how many people you're inviting, it's time to

start thinking through the menu. Start with the main course and build in sides and beverages to complement. Remember to balance flavors, textures, and colors so you have a table of delicious foods that work together like a symphony. Be sure to include a balance of proteins, vegetables, fruits, and grains that will keep your guests satisfied and provide a wholesome, nourishing meal. And, don't forget to think about whether you'll serve dessert.

## » The Invitations – Getting the Word Out

You'll want to give folks plenty of time to check their schedules, so plan on extending invitations three weeks or so in advance. Invitations don't have to be formal, unless you're in the mood for that. Evites and Facebook invitations make it easy to track responses. Include all the usual information (date, time, location, etc.) as well as your menu...or at least a little teaser. This will help your guests know what to expect and will create excitement when they see what you're planning.

## » The Logistics – Thinking Through Your Supper Club

It's a good idea to start planning early for how you'll execute your supper club. Once you know approximately how many attendees you'll have, you can begin planning the table and your grocery list. Be sure to think through tableware, linens, serving pieces and utensils, glassware, etc. If you don't have everything you need, borrow from friends or family. For your grocery list, keep it organized and detailed. You may not be able to purchase everything you need at one store, so consider whether or not you'll need to make multiple trips. You'll also want to consider whether or not

you have all the proper cookware for the recipes you'll be preparing. Again, a perfect opportunity to borrow from friends and family.

## » The Ingredients – Do Your Grocery Shopping at Least a Day Before

The day of your supper club will be a busy day of cooking (and maybe even decorating!), so take the time to do all your grocery shopping beforehand. Dry ingredients can obviously be purchased well in advance and perishable items can be purchased the day before. That way, your ingredients are fresh, but you know you have everything you need.

## » The Day Of – Bringing Your Masterpiece Together

Plan through how you'll prepare everything and make a detailed list of all the things that need to be accomplished. Consider what time you'll need to start prepping and cooking so that your meal is ready at the right time and you're cool, calm and collected when your guests arrive. Remember that your supper club should be a reflection of you, so add your personal touch whenever possible.

*Below: Lamb Pizza with Peppers and Arugula  
Complete recipe on p. 14.*



## Recipes

To help you create the ideal supper club centered around lamb, we've developed new recipes you can replicate to share with your guests.

# Supper Club Recipes for Summertime

## Grilled Lamb and Vegetable Kabobs with Dipping Sauces

Nothing says "dinner party" like a platter of savory and colorful kabobs paired with delicious dipping sauces.

**Serving Size:** Serves 4 to 6

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Cooking Method:** Grill

RECIPE OVERVIEW

### INGREDIENTS

12 (10-inch) wooden skewers  
1/4 cup olive oil  
3 garlic cloves, peeled and smashed  
2 pounds boneless leg of lamb (or shoulder), trimmed of visible fat, and cut into 1-inch pieces  
1 medium red onion, halved then quartered and cut into 1-inch pieces (keep layers intact)  
2 small zucchini, cut crosswise into 1/2-inch rounds  
2 small yellow squash, cut crosswise into 1/2-inch rounds  
2 red bell peppers, cut into 1/2-inch pieces  
1/8 teaspoon salt  
1/8 teaspoon pepper

### INSTRUCTIONS

Place wooden skewers in shallow dish and cover with water, set aside. In a small saucepan over low heat, simmer olive oil and garlic until garlic is golden brown, about 3 minutes, transfer to small bowl and set aside to cool.

Thread 6 skewers alternating lamb and red onion. Thread remaining 6 skewers with zucchini, yellow squash and red pepper. Place on clean tray.

On a gas grill, turn all burners to high, close lid and heat until hot, about 15 minutes. Brush lamb and vegetable kabobs with garlic oil and season with salt and pepper. Place skewers on the hot grill rack. Cover and cook, turning occasionally, until each side has grill marks and lamb is cooked through, about 8 to 10 minutes or until lamb reaches 160 degrees for medium doneness.

Remove from grill onto clean tray.

Serve with dipping sauces and whole-wheat pita.

### NUTRITION

*Nutrition per serving: Calories: 440, Total Fat: 24 g, Cholesterol: 140 mg, Sodium: 120 mg, Total Carbohydrate: 9 g, Dietary Fiber: 3 g, Protein: 44 g.*



## Honey Mustard Thyme Dipping Sauce

### INGREDIENTS

3 tablespoons coarse grain mustard  
1 tablespoon mayonnaise  
1 tablespoon honey  
2 teaspoons chopped fresh thyme  
1/8 teaspoon salt  
1/8 teaspoon pepper

### INSTRUCTIONS

Combine all ingredients in small bowl.

### NUTRITION

*Nutrition per serving: Calories: 35, Total Fat: 2 g, Cholesterol: 0 mg, Sodium: 170 mg, Total Carbohydrate: 3 g, Dietary Fiber: 0 g, Protein: 0 g.*

## Cucumber Yogurt Sauce

### INGREDIENTS

1/4 cup Greek yogurt  
1/2 cucumber, peeled, seeded and finely chopped  
2 teaspoons chopped fresh dill  
1/8 teaspoon salt  
1/8 teaspoon pepper

### INSTRUCTIONS

Combine all ingredients in small bowl.

### NUTRITION

*Nutrition per serving: Calories: 40, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 290 mg, Total Carbohydrate: 4 g, Dietary Fiber: 0 g, Protein: 5 g.*

## Grilled Butterflied Leg of Lamb

Delicious Asian-inspired flavors bring a touch of the East to the grill.

**Serving Size:** Serves 14

**Prep Time:** 1 hour, or up to 8 hours with marinating time

**Cook Time:** 25 minutes

**Cooking Method:** Grill

RECIPE OVERVIEW

### INGREDIENTS

1/3 cup low-sodium soy sauce or tamari  
1/4 cup honey  
2 teaspoons ground ginger  
3 to 4 Anaheim chiles, thinly sliced (ribs and seeds removed for less heat)  
5 to 7 pounds boneless butterflied leg of lamb  
Canola oil  
1 teaspoon olive oil  
4 bunches, green onions  
1/8 teaspoon salt  
1/8 teaspoon pepper

### INSTRUCTIONS

Whisk soy sauce, honey, ground ginger and chilies in small bowl, transfer to large plastic zip top bag. Add lamb, close bag and rub marinade into lamb. Refrigerate for at least 1 hour, but up to 8 or even overnight if time allows.

Remove lamb from marinade and set on tray.

On a gas grill, turn all burners to high, close lid and heat until hot, about 15 minutes. Scrape grates clean and brush with oil. Grill lamb, fat side down, 25 to 35 minutes total, turning half-way through cooking, depending on desired doneness, about 145 degrees for medium rare and 160 degrees for medium.

Remove from grill and loosely cover with foil, let rest about 15 minutes and thinly slice. While lamb is resting, toss green onions in 1 teaspoon olive oil, season with salt and pepper and grill, turning occasionally, until charred, about 3 minutes.

Serve with charred green onions, sautéed sugar snap peas and steamed brown rice.



### » Don't have a grill?

Try this easy alternate cooking method:

Preheat oven to 325 degrees. Heat large oven-safe grill pan over medium-high heat, brush with vegetable oil. Place leg of lamb in skillet and cook until well browned on all sides, about 10 minutes total. Place skillet in oven and roast until a thermometer inserted into the thickest part of the leg reaches 145 degrees for medium-rare or 160 degrees for medium, depending on desired doneness, about 25 to 35 minutes.

### NUTRITION

*Nutrition per serving: Calories: 420, Total Fat: 19 g, Cholesterol: 180 mg, Sodium: 230 mg, Carbohydrate: 2 g, Fiber: 0 g, Protein: 54 g.*

## Supper Club Recipes for Fall

### Lamb Pizza with Peppers and Arugula

Spice up your supper club with a crowd-pleasing lamb pizza. Use our recipe below or get inventive with your own unique toppings paired with lamb.

**Serving Size:** Serves 4 to 6

**Prep Time:** 15 minutes

**Cook time:** 20 minutes

**Cooking Method:** Bake

RECIPE OVERVIEW

### INGREDIENTS

1 package premade whole grain pizza dough (about 1-pound), thawed if frozen  
2 tablespoons olive oil  
1 pound ground lamb  
1 medium shallot, chopped  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 tablespoon dried oregano  
1/8 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup sliced pepperoncini peppers  
3/4 cup goat cheese crumbles  
2 cups (about 2 ounces) arugula  
1/4 teaspoon pepper

### INSTRUCTIONS

Heat oven to 450 degrees. Brush rimmed baking sheet with 1 teaspoon olive oil; using your hands spread dough over entire length of baking sheet, pushing dough to edge (or roll out on floured surface and transfer to pan). Bake pizza dough for 5 minutes. Remove from oven and set aside.

Heat 1 tablespoon oil in large non-stick skillet over medium-high heat. Add lamb, shallot, garlic, tomato paste, oregano, 1/8 teaspoon salt and 1/4 teaspoon pepper, cook until lamb is completely browned about 5 minutes. Remove from heat.

Brush par-baked crust with 1 teaspoon olive oil. Evenly distribute cooked lamb and pepperoncini, top with crumbled goat cheese. Bake for about 15 minutes, until cheese looks slightly melted and edges of crust are golden brown. Toss arugula with remaining 1 teaspoon olive oil, set aside. Remove from oven and top with dressed arugula.



### NUTRITION

*Nutrition per serving: Calories: 490, Total Fat: 21 g, Cholesterol: 85 mg, Sodium: 760 mg, Total Carbohydrate: 40 g, Dietary Fiber: 4 g, Protein: 36 g.*



## Slow Cooker Moroccan Lamb Stew

Aromatic spices pair perfectly with lamb shoulder in this ever-so-simple stew recipe. It's perfect for supper clubs when you don't have time to spend all day prepping.

**Serving Size:** Makes 6 servings

**Prep Time:** 5 minutes

**Cook Time:** HIGH: 3 to 4 hours  
LOW: 5 to 6 hours

**Cooking Method:** Slow Cook

RECIPE OVERVIEW

### INGREDIENTS

2 tablespoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 1/2 pounds lamb shoulder chops, bones removed, visible fat trimmed and cut into 1-inch chunks  
1 medium onion, chopped  
4 garlic cloves, minced  
1 tablespoon minced fresh ginger root  
1 tablespoon cumin  
2 teaspoons coriander  
1/4 teaspoon cinnamon  
1/4 teaspoon cayenne  
1 1/2 cups low-sodium chicken broth  
1 can diced tomatoes, do not drain  
1 can chickpeas, drained and rinsed  
1/4 cup raisins  
6 ounces Swiss chard, spinach or kale, roughly chopped

### INSTRUCTIONS

Over medium heat 1 tablespoon oil in large non-stick skillet. Season lamb with salt and pepper and cook, in batches if necessary, until browned on all sides, about 6 minutes.

Transfer browned lamb to slow cooker insert. Add remaining 1 tablespoon oil to pan (if necessary) then add onion, garlic, ginger, cumin, coriander, cinnamon and cayenne. Cook until softened, about 8 minutes.

Add broth and tomatoes and bring to a boil. Add mixture to slow cooker along with chickpeas and raisins. Cover and cook on low for 5 to 6 hours or high for 3 to 4 hours.

Remove lid and stir in chopped greens until wilted, about 1 minute.

Serve with whole-wheat couscous and a dollop of Greek yogurt.



### NUTRITION

*Nutrition per serving: Calories: 550, Total Fat: 24 g, Cholesterol: 175 mg, Sodium: 560 mg, Total Carbohydrate: 23 g, Dietary Fiber: 5 g, Protein: 59 g.*

## Supper Club Recipes for Winter

### Braised Lamb Shanks with White Beans and Tomatoes

Warm up on blustery winter days with succulent braised lamb shanks.

**Serving Size:** Makes 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 2 – 2 1/2 hours

**Cooking Method:** Slow Cook

RECIPE OVERVIEW

### INGREDIENTS

1 tablespoon olive oil  
4 lamb shanks (about 1 pound each), trimmed of visible fat  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 medium onion, chopped  
2 medium carrots, peeled and sliced crosswise into 1/2 inch pieces  
2 celery ribs, sliced crosswise into 1/2 inch pieces  
2 tablespoons tomato paste  
1 1/2 tablespoons Herbs de Provence  
4 garlic cloves, minced  
1/4 cup dry red wine  
1 1/2 cups low-sodium chicken broth  
1 can white beans (great northern or cannellini), drained and rinsed  
1 can, diced tomatoes with juice

### INSTRUCTIONS

Preheat oven to 350 degrees. Heat oil in a large Dutch oven over medium-high heat. Season lamb shanks with salt and pepper. Add the shanks to hot oil and cook, browning each side, about 4 minutes per side (if necessary, cook in batches). Remove shanks to a clean plate and set aside.

Add onion, carrot, celery, tomato paste, herbs de Provence, garlic, 1/8 teaspoon salt and 1/8 teaspoon pepper, cook until softened, about 5 minutes. Add wine, scraping up any brown bits on the bottom of the pan.

Add broth, tomatoes and beans; bring mixture to a simmer. Nestle browned lamb shanks into broth mixture; cover and cook until meat is tender and easily falls off the bone about 1 1/2 to 2 1/2 hours, depending on size of shanks. Place shanks in individual shallow bowls or plates. Divide vegetables and sauce among bowls.

Serve with a simple green salad (arugula or mixed greens dressed with lemon juice and extra virgin olive oil) and whole grain crusty bread.



### NUTRITION

*Nutrition per serving: Calories: 560, Total Fat: 25 g, Cholesterol: 160 mg, Sodium: 490 mg, Total Carbohydrate: 30 g, Dietary Fiber: 7 g, Protein: 52 g.*

## Mediterranean Lamb Loin Chops with Quinoa Salad

*There's something to be said for the perfectly simple meal. No-fuss lamb loin chops paired with a quinoa salad will wow your guests without stressing out your kitchen.*

**Serving Size:** Serves 4 to 6

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Cooking Method:** Pan Sear

RECIPE OVERVIEW

### INGREDIENTS

- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon smoked paprika
- 1 tablespoon olive oil
- 8 lamb loin chops, visible fat trimmed (about 6 ounces each)

### INSTRUCTIONS

Combine salt, pepper and smoked paprika in small bowl. Pat lamb dry with paper towels. Rub both sides of chops with spice mixture.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add lamb and cook, until browned about 6 minutes per side or until cooked to 145 degrees for medium rare, reducing heat to medium if needed. Remove to clean plate and let rest 5 minutes.

### GRILLING INSTRUCTIONS

If using a gas grill, turn all burners to high, close lid and heat until grates are hot, about 15 minutes. Scrape grates clean and brush with oil.

Grill lamb chops about 6 minutes per side or until cooked to 145 degrees for medium rare. Remove to clean plate and let rest 5 minutes.

Serve with quinoa salad (see recipe)

### NUTRITION

*Nutrition per serving: Calories: 490, Total Fat: 24 g, Cholesterol: 215 mg, Sodium: 550 mg, Total Carbohydrate: 0 g, Dietary Fiber: 0 g, Protein: 63 g.*



### Quinoa Salad

Serving Size: Makes 4 servings

Prep Time: 5 minutes

Cook Time: 30 minutes

### INGREDIENTS

- 1 1/4 cup water
- 1 cup quinoa
- 1 cup frozen peas
- 1 1/4 cup feta, crumbled
- 2 teaspoons chopped fresh mint
- 1 teaspoon extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### INSTRUCTIONS

Place quinoa in a fine mesh strainer, rinse under cold water for 2 minutes.

In a medium saucepan combine water and quinoa, bring to a simmer, cover, reduce heat to low and cook, about 20 minutes. Add frozen peas halfway through cooking.

Remove from heat and let sit covered, 10 minutes.

Fluff with fork and gently stir in feta, mint, extra virgin olive oil, salt and pepper. Can be served warm, room temperature or cold.

### NUTRITION

*Nutrition per serving: Calories: 230, Total Fat: 6 g, Cholesterol: 10 mg, Total Carbohydrate: 36 g, Dietary Fiber: 5 g, Protein: 9 g.*



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For more information about lamb and for additional recipes,  
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