

Lamb Chops WITH ROSEMARY & DIJON

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Consider adding lamb to your weekly protein rotation: it contains a low amount of intramuscular fat, meaning much of the fat is located at the outer edges and easily trimmed away. Lamb is also lower in saturated fat than beef and is a rich source of vitamin B₁₂, which is known for its ability to rev up your metabolism.



INSTRUCTIONS:
ONE: Preheat indoor grill to high. (Alternatively, arrange oven rack in highest position and preheat broiler to high.)
TWO: In a small bowl, combine Dijon, shallot and rosemary. Spread mixture on both sides of each chop, dividing evenly. Sprinkle with salt and pepper. Transfer chops to grill and cook, turning once, until reached desired doneness, 6 to 8 minutes for medium-rare, 10 to 12 minutes for medium to medium-well. (Alternatively, place chops on a baking sheet and broil, turning once, for 3 to 4 minutes per side.)

FOLD LINE

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Serves 4. Hands-on time: 10 minutes. Total time: 20 minutes.



INGREDIENTS:

- 2 tbsp Dijon mustard
- 1 small shallot, minced
- 1 tbsp chopped fresh rosemary
- 12 2-oz bone-in lamb sirloin chops, trimmed of visible fat
- ¼ tsp each sea salt and fresh ground black pepper

Nutrients per 3 chops: Calories: 235, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 2 g, Fiber: 0 g, Sugars: 0 g, Protein: 35 g, Sodium: 409 mg, Cholesterol: 109 mg

