

Lamb Chops with Rosemary & Lemon

Gourmet May 1993

Servings: 6

*12 each Lamb chops, 1 1/4" thick
3 teaspoons Lemon zest, minced very fine
3 cloves garlic, minced, mashed to paste
4 1/2 teaspoons fresh rosemary, minced very fine
3 tablespoons olive oil
pepper to taste*

*Green Beans
Garlic Mashed Potatoes
Artichokes Roman Style*

Preparation Time: 15 minutes

Preheat broiler or grill. In a small bowl stir together the zest, garlic paste, rosemary, oil and pepper to taste. Rub lamb chops with the marinade, and let them marinate on a plate for 20 minutes. Broil or grill for 4-5 minutes on each side for medium-rare meat.

Garlic rosemary marinated Lamb Chops

Can broil or grill 2-3 minutes per side an hour or two in advance, and finish in 400 degree oven.

Per Serving (excluding unknown items): 652 Calories; 57g Fat (80.2% calories from fat); 31g Protein; 1g Carbohydrate; 141mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 9 Fat.