

Grilled Lamb Chops over Greens

– by Paula Hendricks, Nutrition Consultant

What a beautiful presentation this dish will be at your next holiday dinner. Grilled lamb is a Hendricks family dinner tradition during the holidays and we look forward to this tasty gourmet meal. Many people think lamb is difficult to prepare but it is really very simple, especially with this recipe. When buying lamb, it can be purchased in racks or as individual chops. Ask the butcher to cut the rack into chops for you. Never had lamb? Go outside the box and try this delicious meat! It's that good. Each chop contains approximately 2 – 3 ounces of meat, up to 20 grams of protein, depending on size of chop.



Ingredients:

- 12 large or 16 small lamb chops
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 4 garlic cloves, minced
- 2 T. Napa Valley Pork and Lamb Rub
- ½ tsp. each salt and pepper
- 2 large bunches red Swiss Chard

Instructions: In a small bowl, mix the olive oil, lemon juice, garlic, lamb seasoning, salt and pepper together. Dip each lamb chop into the herb rub and put in a gallon-sized plastic bag. After all the chops have been seasoned, seal the plastic bag (remove air) and continue to rub the seasoning into each chop. Let the meat marinate for 30 minutes to 1 hour in refrigerator. Prep the baking sheet as seen in photo to the left.



To prep chard, cut and discard the ends. Cut the remaining leaves into 1-inch strips. Submerge completely in cold water, rinse well, and drain thoroughly. In a large non-stick sauté pan with a lid, drizzle about 2 T. of olive oil in pan, add chard, and cover with lid. Do not cook yet. The chard does not need any seasoning – it will receive some from the chops.

Preheat the oven to broil and adjust the top oven rack to 6-8 inches below the burners. Place lamb chops evenly on the cookie sheet and place under the broiler. Don't close the oven door completely – let it get some air. Broil chops for 4-5 minutes on each side for medium-cooked meat (best for lamb). Remove from oven.

Turn the stove burner on medium-high heat, cook the chard, mixing often to cook evenly, for about 4 minutes; then reduce heat to medium-low and continue cooking for another 4 minutes or so until leaves are tender. Spread chard over a serving plate and place the chops directly on top. Serve immediately.