



Grilled Lamb Chops with Cucumber Mint Sauce



Lamb chops have never tasted more spring like than they do in this fast and fresh entrée.

Preparation Time 10 minutes

Chilling Time 1 Hour

Cooking Time 10 Minutes

Serves 4

Ingredients:

8 loin lamb chops

Cucumber Mint Sauce:

2-3 Cup (150 ml) Plain Yogurt
1 cup (250 ml) shredded cucumber, squeezed dry and chopped
1 small glove garlic, minced
2 tsp (10 ml) concentrated mint sauce
salt & pepper

Preparation:

In a medium bowl, combine yogurt, cucumber garlic and mint sauce. Season to taste with salt and pepper. Cover and chill at least 1 hour to blend flavors. Spread thin coating of the concentrated mint sauce on both sides of lamb chops; let stand 15 minutes. Grill or broil lamb to desired doneness. Serve with Cucumber Mint Sauce.

Nutritional Information:

Serving: 1
Protein: 50 grams
Fat: 15 grams
Carbohydrates: 3 grams
Calories 347