

Beef

Cherry Glazed Lamb Chops

Taste of Home

Servings: 2

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

1 teaspoon dried rosemary, crushed

1/4 teaspoon salt

1/4 teaspoon pepper, divided

4 4-ounce lamb loin chops

1 clove garlic, minced

1/4 cup beef broth

1/4 cup cherry preserves

1/4 cup balsamic vinegar

Combine the rosemary, salt and 1/8 teaspoon of pepper; rub over lamb chops.

In a large skillet coated with cooking spray, cook chops over medium heat for 4 to 6 minutes on each side or until meat reaches desired doneness. Remove and keep warm.

Add garlic to pan; cook 1 minute. Stir in broth, preserves, vinegar and remaining pepper; cook for 2 to 4 minutes or until thickened.

Return chops to pan; turn to coat.

Sprinkle with dried rosemary, if desired.

Per Serving (excluding unknown items): 572 Calories; 48g Fat (75.9% calories from fat); 31g Protein; 3g Carbohydrate; trace Dietary Fiber; 133mg Cholesterol; 528mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat.