

# **Lamb Chops and Cilantro Relish**

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**Servings: 4**

*A great side dish would be Fresh Lima Beans.*

- 1 teaspoon extra-virgin olive oil**
- 1/2 teaspoon lemon rind, grated**
- 1/4 teaspoon ground cumin**
- cooking spray**
- 1 1 1/2-pound French-cut rack of lamb (8 ribs), trimmed**
- 1/4 teaspoon Kosher salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 cup onion, finely chopped**
- 1 jalapeno pepper, seeded and finely chopped**
- 3/4 cup fresh cilantro, chopped**
- 1 tablespoon fresh lemon juice**
- 2 teaspoons extra-virgin olive oil**
- 1/4 teaspoon Kosher salt**

Preheat oven to 400 degrees.

In a small bowl, combine the olive oil, lemon rind and cumin.

Heat a large ovenproof skillet over medium-high heat. Coat the skillet with cooking spray.

Sprinkle the lamb with 1/4 teaspoon of the salt and 1/4 teaspoon of black pepper.

Add the lamb to the skillet. Cook for 2 minutes on each side.

Spread the oil mixture over the lamb. Place the skillet in the oven.

Bake for 15 minutes or until a thermometer registers 138 degrees.

Remove the lamb from the skillet. Let it stand for 8 minutes. Cut into chops.

Heat a skillet over medium-high heat. Coat the skillet with cooking spray.

Add the onion and jalapeno. Saute' for 5 minutes.

In a bowl, combine the onion mixture, cilantro, lemon juice, 2 teaspoons of olive oil and 1/4 teaspoon of salt.

Serve with the lamb chops.

Serving Ideas: Serving size is two chops and three tablespoons of relish.

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Per Serving (excluding unknown items): 48 Calories; 3g Fat (62.5% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 237mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.