



Grilled Butterflied Leg of Lamb and Vegetables with Lemon-Herb Dressing

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups feta cheese crumbled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.8 cup parsley fresh chopped
- ☐ 10 servings rosemary leaves fresh
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 12 garlic clove chopped
- ☐ 1.5 teaspoons pepper black

- ☐ 5 pound leg of lamb trimmed
- ☐ 1 cup juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 3 large bell pepper red stemmed seeded cut lengthwise into 6 strips
- ☐ 4 medium size onion red with some of core attached peeled halved cut into 3 wedges
- ☐ 2 cups red wine red
- ☐ 1.5 teaspoons salt
- ☐ 5 shallots minced
- ☐ 6 medium size baby squash yellow trimmed cut lengthwise into 1/3-inch-thick slices
- ☐ 6 medium size zucchini trimmed quartered

Equipment

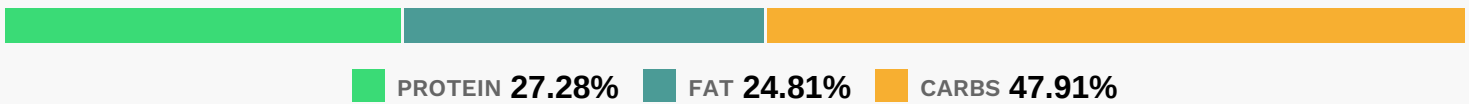
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Mix first 6 ingredients in medium bowl.
- ☐ Place lamb in 15x10x2-inch glass baking dish.
- ☐ Pour marinade over. Turn lamb, spreading marinade to coat evenly on all sides. Cover dish with plastic wrap and refrigerate for 1 day, turning lamb occasionally.
- ☐ Whisk lemon juice, shallots, oil, parsley, and mint in medium bowl to blend. Season dressing with salt and pepper.
- ☐ Place zucchini, yellow squash, and red bell peppers in separate dishes.

- ☐ Sprinkle each lightly with salt and pepper. Spoon 1/3 cup dressing over each and turn to coat; reserve remaining dressing. Arrange red onions in large glass dish; sprinkle with salt and pepper.
- ☐ Pour wine over onions.
- ☐ Let vegetables and onions marinate at least 2 hours and up to 4 hours, basting or turning occasionally.
- ☐ Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Grill vegetables in batches until just tender, turning occasionally, about 15 minutes for onions, 10 minutes for red bell peppers, and 8 minutes for zucchini and yellow squash.
- ☐ Transfer vegetables to baking sheets. Reserve red Zinfandel from onions to baste lamb.
- ☐ Place butterflied lamb on grill rack with some rosemary and thyme marinade still clinging to lamb. Grill until meat thermometer inserted into center registers 130°F for medium-rare, turning occasionally and basting with reserved red Zinfandel from onions, about 35 minutes.
- ☐ Transfer lamb to work surface; let rest 15 minutes.
- ☐ Starting at 1 corner and positioning knife at slight angle, slice lamb thinly across grain. Arrange lamb slices on large platter. Arrange grilled vegetables around lamb.
- ☐ Drizzle vegetables with reserved lemon-herb dressing.
- ☐ Sprinkle with feta cheese.
- ☐ Garnish with fresh rosemary, thyme, and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:57.47869587722%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 9.88mg, Apigenin: 9.88mg, Apigenin: 9.88mg, Apigenin: 9.88mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 601.92kcal (30.1%), Fat: 16.58g (25.51%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 72.04g (24.01%), Net Carbohydrates: 58.8g (21.38%), Sugar: 18.45g (20.5%), Cholesterol: 114.81mg (38.27%), Sodium: 773.88mg (33.65%), Alcohol: 5.24g (100%), Alcohol %: 0.7% (100%), Protein: 41.02g (82.04%), Vitamin A: 50296.65IU (1005.93%), Vitamin C: 202.51mg (245.46%), Vitamin K: 89.47µg (85.21%), Vitamin B3: 15.83mg (79.16%), Vitamin B6: 1.55mg (77.5%), Potassium: 2626.54mg (75.04%), Manganese: 1.48mg (73.84%), Vitamin B12: 4.3µg (71.69%), Folate: 242.39µg (60.6%), Phosphorus: 604.79mg (60.48%), Magnesium: 240.75mg (60.19%), Selenium: 40.97µg (58.54%), Vitamin E: 8.32mg (55.45%), Vitamin B1: 0.82mg (54.52%), Fiber: 13.25g (52.99%), Zinc: 7.71mg (51.39%), Vitamin B2: 0.86mg (50.72%), Iron: 7.65mg (42.47%), Calcium: 421.07mg (42.11%), Vitamin B5: 3.67mg (36.66%), Copper: 0.66mg (32.75%)