Lamb Chops with Little Red Potatoes and Lamb's Lettuce

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	605 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 0.5 teaspoon pepper black freshly ground
- [ ] 2 large garlic cloves minced peeled
- [ ] 1 tsp kosher salt
- [ ] 2 lbs lamb rib chops fat trimmed
- [ ] 3.5 oz lamb's lettuce (see Notes)
- [ ] 1 tablespoon juice of lemon
- [ ] 2 teaspoons lemon zest fresh

- [ ] 4 tablespoons olive oil extra-virgin divided
- [ ] 2 teaspoons oregano fresh minced
- [ ] 1 pound potatoes red yellow
- [ ] 1 small shallots minced peeled
- [ ] 1 tablespoon citrus champagne vinegar
- [ ] 2 teaspoons whole-grain mustard

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] pot
- [ ] broiler
- [ ] broiler pan

Directions

- [ ] Rinse lamb chops, pat dry, and season with 1 tsp. salt and the pepper. In a bowl, combine garlic, zest, oregano, and 1 tbsp. oil. Rub mixture onto both sides of chops.
- [ ] Put potatoes in a medium pot and add water to cover. Bring to a boil over high heat. Generously salt water, then reduce heat to a simmer and cook potatoes until tender, 8 to 10 minutes.
- [ ] Drain.
- [ ] Meanwhile, whisk together mustard, shallot, lemon juice, and vinegar in a small bowl. Gradually whisk in remaining 3 tbsp. olive oil until dressing is emulsified.
- [ ] Preheat broiler to high. Arrange chops on broiler pan and set it 2 in. from heating element. Broil chops, turning once, until browned and medium-rare inside (cut to test), 8 to 10 minutes.
- [ ] Put lamb's lettuce in a salad bowl and add warm potatoes.
- [ ] Drizzle 3/4 of dressing over salad and toss to coat. Divide salad among plates and top each serving with two chops. Spoon on remaining dressing.
- [ ] Grass-fed lamb: Why buy?

- [ ] Meat raised on grass is showing up more often in grocery stores. It's often expensive, so what makes it worth trying?
- [ ] Healthy animals. Grass is the natural food of cattle, bison, sheep (and lambs); when allowed to munch on pasture, they're eating the way nature intended.
- [ ] Healthy us. Grass-fed (versus standard grain-fed) meat has higher levels of beneficial omega-3 fatty acids, vitamin E, and beta-carotene, and is usually lower in fat.
- [ ] Great for the land. Grazing animals fertilize the pastures as they roam.
- [ ] Great taste. The flavor is often cleaner and more complex than that of grain-fed meat.
- [ ] Our favorite is certified organic meat from Idaho's Lava Lake Lamb (lavalakelamb.com or 208/788-9778), whose animals are raised on thousands of acres near Sun Valley. Lava Lake offers everything from chops to petite lamb roasts, just the right size for two to four people.

Nutrition Facts

PROTEIN **32.33%** FAT **53.07%** CARBS **14.6%**

Properties

Glycemic Index:32.25, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:31.962174146072%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 605.18kcal (30.26%), Fat: 35.35g (54.39%), Saturated Fat: 9.49g (59.28%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 19.01g (6.91%), Sugar: 2.18g (2.43%), Cholesterol: 149.69mg (49.9%), Sodium: 795.55mg (34.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.46g (96.91%), Vitamin B12: 5.4µg (89.96%), Selenium: 52.57µg (75.1%), Vitamin B3: 14.86mg (74.29%), Zinc: 9.23mg (61.56%), Phosphorus: 504.16mg (50.42%), Potassium: 1284.58mg (36.7%), Vitamin A: 1788.43IU (35.77%), Vitamin B6: 0.68mg (33.99%), Iron: 5.8mg (32.22%), Vitamin B2: 0.52mg (30.7%), Vitamin C: 22.99mg (27.87%), Vitamin B1: 0.4mg (26.44%), Copper: 0.46mg (23.04%), Magnesium: 91.43mg (22.86%), Manganese: 0.44mg (22.13%), Folate: 77.15µg (19.29%), Vitamin B5: 1.86mg (18.56%), Vitamin E: 2.66mg (17.76%), Vitamin K: 18.46µg (17.58%), Fiber: 2.87g (11.49%), Calcium: 73.95mg (7.4%)