



Sun-Dried Tomato and Herb-Stuffed Leg of Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 2 teaspoons rosemary leaves fresh divided finely chopped
- ☐ 4 garlic clove divided minced
- ☐ 2.5 pound leg of lamb boneless
- ☐ 1.3 teaspoons salt divided
- ☐ 0.3 cup shallots finely chopped
- ☐ 1.5 ounce sourdough bread

- ☐ 0.3 cup sun-dried olives packed
- ☐ 1 cup water boiling

Equipment

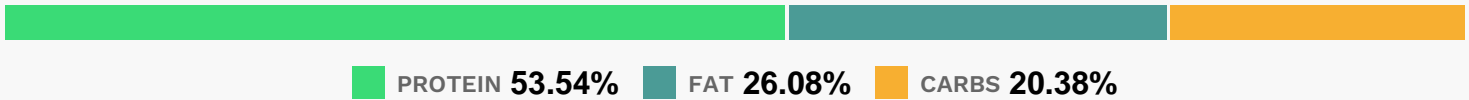
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ meat tenderizer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Combine 1 cup boiling water and tomatoes in a bowl; let stand 30 minutes or until soft.
- ☐ Drain and chop.
- ☐ Preheat oven to 42
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shallots; saut 3 minutes or until tender.
- ☐ Add tomatoes and 2 garlic cloves; saut 1 minute. Stir in 1 teaspoon rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Place bread in a food processor; pulse 25 times or until coarse crumbs measure 3/4 cup. Stir crumbs into shallot mixture.
- ☐ Unroll roast; trim fat.
- ☐ Place roast between 2 sheets of heavy-duty plastic wrap; pound to 3/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle roast with 1/2 teaspoon salt and 1/4 teaspoon pepper.

- ☐ Spread breadcrumb mixture over roast. Reroll roast; secure at 1-inch intervals with twine.
- ☐ Combine remaining 1 teaspoon rosemary, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 2 minced garlic cloves; rub over roast.
- ☐ Place roast on rack of a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 30 minutes.
- ☐ Remove roast from oven; cover loosely with foil.
- ☐ Bake an additional 20 minutes or until a thermometer registers 145 (medium-rare) or until desired degree of doneness.
- ☐ Let roast stand 15 minutes before slicing.
- ☐ Wine note: Lamb stars in most Mediterranean cuisines. Thus, it's traditionally paired with a score of different wines. My favorite is syrah, which is rich and mouth-filling with an earthy, meaty character that perfectly underscores the luscious meatiness of lamb. A terrific syrah bargain: Grand Archer Syrah 2003 from Sonoma County, California (\$20). --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:3.29, Inflammation Score:-3, Nutrition Score:12.071739093117%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 150.42kcal (7.52%), Fat: 4.32g (6.64%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.76g (3.07%), Cholesterol: 57.15mg (19.05%), Sodium: 458.59mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.89%), Vitamin B12: 2.41µg (40.19%), Selenium: 23.1µg (33%), Vitamin B3: 6.27mg (31.34%), Zinc: 3.64mg (24.26%), Phosphorus: 202.77mg (20.28%), Vitamin B2: 0.27mg (16.02%), Iron: 2.42mg (13.42%), Potassium: 463.18mg (13.23%), Vitamin B1: 0.2mg (13.07%), Vitamin B6: 0.23mg (11.3%), Manganese: 0.21mg (10.64%), Copper: 0.21mg (10.32%), Magnesium: 37.8mg (9.45%), Folate: 33.65µg (8.41%), Vitamin B5: 0.8mg (7.97%), Fiber: 1.08g (4.31%), Vitamin C: 3.06mg (3.71%), Vitamin K: 2.42µg (2.3%), Calcium: 21.55mg (2.15%), Vitamin E: 0.22mg (1.43%)