



Grilled Lamb Kabobs

Serving Suggestion

1 1/2 lb boneless leg of lamb, cut into 1 1/2" cubes
 1/4 cup olive oil, divided
 4 tsp lemon juice
 2 cloves garlic, chopped
 1 Tbsp chopped fresh rosemary leaves
 1 medium zucchini, cut into 1" pieces
 1 red or yellow bell pepper
 1 pkg whole mushrooms
 Salt and pepper to taste

In large sealable plastic bag, combine lamb, 3 Tbsp olive oil, lemon juice, garlic and rosemary. Refrigerate and marinate for 1 hour or overnight. Remove lamb from marinade and discard marinade. Alternately thread lamb, zucchini, bell pepper and mushroom onto skewer. Season with salt and pepper. Grill over medium-hot coals 7 minutes per side or until desired degree of doneness. 145°F for medium rare, 160°F for medium and 170°F for well. Remove lamb from grill, cover and let stand 5 minutes.

Makes 4 servings.

For more recipe ideas visit: www.EasyFreshCooking.com

American Lamb Slider with Golden Tomato-Mango Ketchup

Total Time: 30 to 60 minutes

1 lb. ground American Lamb
 1 Tbsp finely chopped shallots
 1 Tbsp finely chopped garlic
 1 Tbsp chopped roasted poblano or pasilla chile pepper
 1 Tbsp chopped mixed fresh herbs, rosemary, thyme, parsley leaves
 1 Tsp salt
 1/2 Tsp pepper
 4 hamburger buns
 Golden Tomato-Mango Ketchup

Combine all ingredients, mixing well. Make into four 1/2 inch thick patties. Grill over coals covered with grey ash for 5 to 6 minutes per side. Place lamb patty on each bun and top with golden tomato-mango ketchup.

Golden Tomato-Mango Ketchup:
 2 Tsp canola oil
 1 small onion, chopped
 1 Tbsp finely chopped garlic
 4 yellow tomatoes, chopped
 1 mango, peeled and chopped
 2/3 cup white wine or chicken broth
 1/3 cup white balsamic vinegar
 1 Tsp salt
 3/4 Tsp white pepper

In medium skillet, heat oil over medium heat. Add onion and garlic and saute for 3 to 4 minutes. Stir in tomatoes and mango, cook for 5 minutes. Blend in wine or broth, vinegar, salt and pepper. Simmer for 5 minutes. Cool. Place in blender and blend until smooth.

Makes 4 servings.

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Mexican Barbecued Lamb Steaks

Preparation time: 10 minutes
Cook time: 15 minutes

1 Tbsp. olive oil
 1/4 C finely chopped onion
 1/4 C brown sugar, packed
 1 can (15 ounces) tomato sauce
 1/4 tsp. garlic powder
 1/4 tsp. pepper
 1 tsp. Worcestershire sauce
 1/4 tsp. red pepper sauce
 1 can (4 ounces) diced green chilies
 1/2 tsp. chili powder

3 American Lamb sirloin steaks or 6 shoulder chops (approximately 2 pounds), cut 3/4 to 1-inch thick

To make barbecue sauce, heat oil over medium-high heat in large skillet. Cook onion for 4 minutes. Add brown sugar; stir until melted. Add remaining ingredients; heat through and set aside.

Grill lamb steaks 4 inches from medium-hot coals for 7 to 10 minutes per side or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well. Baste chops frequently with sauce during the last 7 minutes of cooking.

Makes 6 servings.

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All-American Lamb Burgers

Preparation time: 10 min.
Marinate time: 1 hr.
Cook time: 8 min.

1-1/2 lbs. ground American Lamb
 4 Tsp Worcestershire sauce
 1 Tbsp balsamic vinegar
 1-1/2 Tsp garlic salt
 1 Tsp each ground pepper and dried thyme leaves, crushed
 4 hamburger buns, toasted
 Lettuce leaves, tomato slices, mustard, and catsup

In large bowl, blend together lamb, Worcestershire sauce, balsamic vinegar, garlic salt, pepper, and thyme. Cover and refrigerate allowing flavors to blend for 1 hour. Form into four 3/4-inch-thick patties. Grill over coals covered with grey ash 4 to 5 minutes per side. Serve on buns with lettuce, tomato slices, and condiments as desired.

Makes 4 servings.

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Nutrition Facts:

Serving Size 4oz. Raw, without added fat, salt or sauces.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Total Carb. 0 g • Dietary Fiber 0 g • Sugars 0g • Vitamin A 0% • Vitamin C 0% • Calcium 0%

	Calories	Calories from Fat	Total Fat	% DV*	Saturated Fat	% DV*	Cholesterol	% DV*	Sodium	% DV*	Protein	% DV*
Lamb Chuck Chops	182	92	12g	16%	4g	20%	72mg	24%	96mg	4%	20g	8%
Lamb Neck Steaks	243	168	19g	29%	8g	40%	70mg	23%	59mg	2%	18g	9%
Lamb Shoulder Chops	272	180	20g	32%	8g	44%	80mg	24%	68mg	2%	29g	8%
Lamb Loin Chops	208	130	14g	22%	7g	34%	66mg	22%	59mg	2%	18g	10%
Lamb Shank	185	104	11g	18%	5g	24%	67mg	22%	58mg	2%	19g	10%
Semi-Bone Lamb Leg	242	160	15g	23%	6g	30%	92mg	31%	67mg	3%	27g	10%
Lamb Leg Chops	242	160	15g	23%	6g	30%	92mg	31%	67mg	3%	27g	10%

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