



## Mediterranean Lamb Chops

Recipe By JOE LASHER, SR.

SERVES: 6

### INGREDIENTS:

- 2 lbs. fresh lamb chops
- ½ cup olive oil
- ⅓ cup fresh lemon juice
- 3 tsp. dried oregano
- 2 tsp. rosemary, *chopped*
- 4 garlic cloves, *minced*
- salt and pepper, *to taste*
- Greek veggies, *for garnish (Ingles Salad Bar)*

### DIRECTIONS:

- 1. For the marinade, mix olive oil, lemon juice, oregano, rosemary, garlic, salt, and pepper in a small mixing bowl.
- 2. Place lamb chops in a resealable freezer bag, cover with marinade, then refrigerate for 1-4 hours.
- 3. Preheat grill for direct cooking to 450°F.
- 4. Remove lamb chops from marinade and place on the grill over direct heat. After 2 minutes, twist chops to achieve grill marks. After 2 more minutes, turn chops. Cook 2 more minutes, then twist and check internal temp. Let chops cook until a 140°F internal temperature is achieved and then pull from grill.
- 5. Plate with a selection of Greek olives, peppers, and dolmas (from the Ingles Salad Bar).

*Lamb goes great with Tzatziki sauce too!*

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