

# Mint Creek | Lamb Chops

**QUICK & EASY LAMB CHOPS  
WITH ARTICHOLES & SPINACH  
LAMB CHOPS  
WITH FRESH NECTARINE SAUCE  
LAMB CHOPS  
WITH CINNAMON/RAISIN STUFFING  
LAMB CHOPS WITH GARLIC BREAD  
ITALIAN LAMB CHOPS**

Lamb chops are best when they are allowed to come to room temperature before cooking. Marinating brings out the best in this superb cut of lamb.

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## **QUICK & EASY LAMB CHOPS**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients

4 lamb chops, with bone, about 6 oz. each

1 1/2 tsp. oregano or 2 Tbs. fresh, chopped

Nonstick cooking spray

1 large red onion, chopped and cooked

1 clove garlic, minced

2 small zucchini, thinly sliced, cooked

1 cup Italian-style peeled tomatoes, drained and quartered

1/2 tsp. dried basil or 1 Tbs. fresh, chopped

## **Instructions**

Season lamb chops with oregano and salt and pepper to taste. Coat a heavy nonstick skillet with cooking spray and place over medium-high heat. Sauté lamb chops 2 minutes per side until browned. Transfer to a platter. Sauté onion and garlic in same skillet over medium heat 4-5 minutes or until onion is tender. Stir in zucchini, tomatoes, and basil. Return lamb chops to skillet and cook another 4-5 minutes or until lamb is just cooked through. Serve vegetables with lamb chops.

## **LAMB CHOPS WITH ARTICHOLES & SPINACH**

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serves: 4

Ingredients

10 oz. frozen artichoke hearts, thawed

6 oz. spinach, cooked, washed, and chopped, tough stems discarded

1/8 tsp. nutmeg  
2 Tbs. sun dry tomatoes, chopped  
4 boneless loin lamb chops, about 6 oz. each, trimmed  
1 Tbs. unsalted butter, softened, or olive oil  
2 cloves garlic, minced  
1/4 cup cilantro or parsley, chopped

### **Instructions**

Preheat oven to 375°F. Place artichoke hearts in a steamer basket over boiling water. Cover saucepan and steam 7-8 minutes. Remove steamer basket from saucepan and set aside. Place spinach and nutmeg in a heavy covered saucepan over medium-high heat. Cook 3-4 minutes, or until spinach wilts. Drain thoroughly. Return to saucepan and stir in tomatoes. Set aside. Season lamb chops with pepper to taste. Combine butter and garlic, and spread over lamb chops. Arrange chops in a roasting pan. Cover pan and roast in oven 25 minutes for medium-done meat. Transfer to a platter and keep warm. Discard fat from juices. Add juices and artichokes to saucepan with spinach. Simmer 3-4 minutes, or until heated through. Serve lamb chops on bed of vegetables. Sprinkle with cilantro.

### **LAMB CHOPS WITH FRESH NECTARINE SAUCE**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

#### **Ingredients**

8 lamb loin chops, about 4 oz. each, 1 inch thick, trimmed  
3 ripe nectarines, pitted and sliced  
1/2 tsp. dried rosemary, crushed, or 2 tsp. fresh, chopped  
2 tsp. sugar or 1 tsp. honey  
1/2 cup white-grape juice  
1 tbs. water  
2 tsp. cornstarch

### **Instructions**

Prepare grill or turn on broiler. Season chops with salt and pepper to taste. Grill or broil 4 inches from heat source 5-6 minutes per side, or to desired doneness. Meanwhile, bring next 4 ingredients to a boil in a non-reactive saucepan over medium-high heat. Combine water and cornstarch in a jar with a tight-fitting lid. Shake well and stir into nectarine mixture. Stir over heat 1-2 minutes until mixture is thickened and bubbly. Continue to cook and stir 2 minutes more. Serve chops with nectarine sauce on top.

### **LAMB CHOPS WITH CINNAMON/RAISIN STUFFING**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

#### **Ingredients**

1 1/2 tbs. unsalted butter  
8 lamb chops  
1 1/3 cups apple cider  
2 tbs. honey  
8 slices cinnamon-raisin bread, cubed  
1/4 cup finely chopped walnuts  
2 eggs, beaten  
2 Tbs. cornstarch

### **Instructions**

Preheat oven to 400°F. Melt butter in a heavy nonstick skillet over medium heat. Sauté lamb chops 3-4 minutes per side or until browned. Remove from heat and set aside. Combine apple cider and honey in a measuring cup. Combine bread cubes, walnuts, beaten eggs, and half the apple-cider mixture in the bottom of a glass baking dish. Arrange lamb chops on top of stuffing. Combine remaining apple cider mixture and cornstarch in a heavy saucepan. Simmer over medium heat 5 minutes or until mixture thickens slightly. Brush lamb chops with glaze, and bake 3 minutes. Turn chops and brush with remaining glaze. Bake another 3-5 minutes, or until chops are glazed and cooked through. Serve with vegetables or salad.

### **LAMB CHOPS WITH GARLIC BREAD**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

### **Ingredients**

4 slices French bread, 1/2 inch thick, toasted and hot  
2 cloves garlic, 1 halved, the remaining minced  
2 tsp. olive oil  
4 lamb chops, 1 inch thick  
1 1/2 tsp. dried oregano or 2 Tbs. fresh, chopped  
1 large red onion, chopped, and cooked  
1 clove garlic, minced  
2 small zucchini, thinly sliced, cooked  
1 cup canned tomatoes, drained and quartered  
1/2 tsp. basil, or 1 Tbs. fresh, chopped  
2 tbs. grated Parmesan cheese

### **Instructions**

Lightly rub one side of hot toast with cut side of halved garlic cloves. Drizzle with oil and set aside. Season lamb chops with oregano and salt and pepper to taste. Coat a heavy nonstick skillet with cooking spray, and place over medium-high heat. Sauté lamb chops 2 minutes per side until browned. Transfer to a platter. Sauté onion and minced garlic in same skillet over medium heat 4-5 minutes or until onion is tender. Stir in zucchini, tomatoes, and basil. Return lamb chops to skillet and cook another 4-5 minutes or until lamb is just cooked through. Serve lamb chops over garlic toast, topped with vegetables

and sprinkled with Parmesan.

### **ITALIAN LAMB CHOPS**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

#### **Ingredients**

4 lamb chops, about 6 oz. each

1 1/2 tsp. dried oregano or 2 Tbs. fresh, chopped

1 Tbs. virgin olive oil

2 small zucchini, thinly sliced, cooked

1 large red onion, chopped, and cooked

1 clove garlic, minced

1 cup Italian-style peeled tomatoes, drained and quartered

1/2 tsp. basil, or 1 Tbs. fresh, chopped

#### **Instructions**

Season lamb chops with oregano, salt and pepper to taste. Heat oil in a heavy, nonstick skillet over medium-high heat. Sauté lamb chops 4-5 minutes per side until well browned and still pink on the inside. Transfer to platter and keep warm. Sauté zucchini, onion, and garlic in same skillet over medium heat 4-5 minutes or until zucchini is tender. Stir in tomatoes and basil, and sauté another 2-3 minutes or until tomatoes soften. Serve vegetables with lamb chops.