



GREEK LAMB STEW WITH ROMAINE LETTUCE AND DILL

Intermediate Lifestyle

Ingredients

1-3/4 pounds lean lamb (from the leg)
Morton's Lite Salt (50% less sodium)
1 TBS extra-virgin olive oil
4 large heads romaine lettuce, separated into leaves, washed and spun dry
1 'bunch of fresh dill, finely chopped (leave 6 sprigs whole for garnish)
1 bunch of scallions, trimmed and finely chopped
6 TBS fresh lemon juice (2 lemons}, or to taste
1 TSP Splenda

Instructions

1. Trim any fat and sinews off the lamb, and cut it into 1-1/2-inch cubes. Season with Morton's Lite Salt and pepper. Heat the olive oil in a large nonstick sauté pan and thoroughly brown the lamb on all sides over high heat, working in several batches so as not to crowd the pan. Pour off and discard the fat in the pan.
2. Return the lamb to the pan and add 1 inch of water (about 2 cups). Bring the lamb to a boil, reduce the heat, cover the pan, and gently simmer the lamb until tender, about 1 hour. (Add water as needed to keep the lamb moist.) Transfer the lamb to a platter with a slotted spoon, reserving the cooking liquid in the pan.
3. Cut the lettuce leaves into 2-inch squares, leaving 6 large leaves whole for garnish. Add the diced lettuce, dill, scallions and lemon juice to the pan with the lamb cooking liquid. Briskly simmer these ingredients, covered, until the lettuce is tender, about 5 minutes. You should have about 1-3/4 cups cooking liquid. (You may need to uncover the pan after a few minutes to evaporate any excess liquid.)
4. Return the lamb to the pan and simmer until thoroughly heated. Add the Splenda and Morton's Lite Salt and pepper to taste. (If extra tartness is desired, you can add a little extra lemon juice as well.) Arrange the whole lettuce leaves on a platter and mound the stew in the center. Garnish with whole sprigs of dill.

Portion-Per-Serving Information (Yields 6 servings):

Serving = 4 oz. lamb + 1/2 cup lettuce/dill/scallions mixture = 1 PR, 1 V