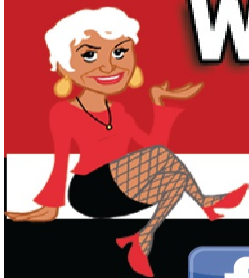


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LAMB CHOPS WITH HERBED APRICOT SAUCE

Intermediate Lifestyle

Ingredients

4 boneless sirloin lamb chops (1/4 lb. each), trimmed of all visible fat and skewered
1/2 TSP garlic salt
1/2 TSP ground black pepper
1/2 lb. dried apricot halves
1 can (14-1/2 oz.) low-sodium chicken broth
1/2 TSP balsamic vinegar
1/2 TSP dried oregano
1/2 TSP dried thyme
1/4 TSP dried rosemary, crushed
1/4 TSP Morton's Lite salt
1/8 TSP ground nutmeg

Instructions

1. Sprinkle both sides of lamb evenly with garlic salt and pepper. Warm a large non-stick skillet over medium heat until hot. Add lamb and brown well on both sides.
2. In a medium saucepan, combine apricots and broth. Heat to boiling over high heat. Reduce heat to low and simmer 5 minutes, or until apricots are very soft.
3. Transfer half of apricots and all of liquid to a blender or food processor. Add vinegar, oregano, thyme, rosemary, salt, and nutmeg. Puree. Pour over lamb. Sprinkle with remaining cooked apricots. Reduce heat to low, cover, and simmer 10 minutes, or until a thermometer inserted in center of a chop registers 160° and juices run clear.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast with apricot mixture = 1 P, 1 FR