



ROAST LEG OF LAMB, CAULIFLOWER AND SHALLOTS

Intermediate Lifestyle

Ingredients

1 cup fresh tarragon leaves	1 TSP freshly ground pepper
1 cup flat-leaf parsley leaves	1 - 4 to 4 1/2-pound boneless leg of lamb, trimmed
4 TBS extra-virgin olive oil, divided	1 pound shallots
2 TBS Dijon mustard	2 medium heads cauliflower
2 cloves garlic	1 TBS capers, rinsed
Zest and juice of 1 lemon, divided	1/2 cup reduced fat sour cream
2 TSP salt, divided	

Instructions

1. Preheat oven to 425°F.
2. Place tarragon and parsley in a food processor. Add 2 TBS oil, mustard, garlic, lemon zest, 1 TSP salt and pepper and process until fairly smooth. Transfer 3 TBS of the mixture to a medium bowl; set aside for Step 6.
3. If your lamb is in the oven-safe netted bag used by most supermarkets, remove the bag. Open the lamb so it's flat. Spread 3/4 of the remaining herb mixture over the surface of the lamb. Roll the lamb closed and tie in several spots with kitchen string so it is about the shape of a large football; transfer to a large roasting pan and spread the remaining herb mixture over the top and sides.

(If you prepared the recipe to this point the day before, let the lamb stand at room temperature while you prepare the vegetables.)

4. Leaving the root end intact, peel and halve shallots (quartering larger ones). Trim and cut cauliflower into 2-inch florets. Combine the shallots and cauliflower in a large bowl with the remaining 2 TBS oil and 1 TSP salt.
5. Roast the lamb in the center of the oven for 20 minutes. Add the vegetable mixture to the pan around the lamb. Continue to roast, stirring the vegetables every 20 minutes or so, until they are golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 140°F (for medium-rare) to 145° (for medium), 1 hour to 1 hour 20 minutes more. Transfer the lamb to a clean cutting board and let rest for 10 minutes. Stir capers into the vegetables.
6. Add lemon juice and sour cream to the bowl with the reserved herb mixture; stir to combine. Slice the lamb and serve with the vegetables and sauce.

Portion-Per-Serving Information (Yields 12 servings): 3-4 oz. lamb + 1/2 cup vegetables = 1 P, 1 V