

Roasted Rack of Lamb with herb and Mustard Crust

Serves 6

Ingredients:

- 2 (1 ¼ pound) French cut racks of lamb
- 2 garlic cloves, crushed
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 tablespoons extra virgin olive oil, divided
- 2 tablespoons finely chopped fresh flat leaf parsley
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped fresh rosemary
- 2 teaspoons finely chopped fresh thyme
- 3 tablespoons whole grain mustard ½ cup breadcrumbs

Directions:

Preheat oven to 425

Rub each French cut rack of lamb with 1 crushed garlic clove, then discard the garlic. Season the lamb with salt and pepper.

Heat 2 tablespoons olive oil in a large skillet over medium high heat. One at a time, brown each lamb rack well on all sides for about 8 minutes total. Reserve the lamb on a plate at room temperature.

Combine chopped parsley, chopped mint, chopped rosemary, chopped thyme, whole grain mustard and 1 tablespoon olive oil in a small bowl. Rub paste over the lamb.

Toss the breadcrumbs with the remaining 1 tablespoon olive oil on a plate. Roll the lamb racks in the breadcrumb mixture to coat evenly.

Place the lamb on a wire rack on a baking sheet, and roast for 15-30 minutes or until an instant read thermometer inserted into the thickest part of the meat registers 135 for medium rare or 145 for medium. Remove from the oven and cover with foil. Let the lamb racks rest 5 minutes before serving.

Carve the lamb racks into individual or double chops, as desired, by cutting in between the bones; serve.

Nutritional content:

2 chops

Calories	299	Fat	18g	Cholesterol	75mg
Protein	26g	Carbs	8g	Sodium	498mg

Fish Tacos with Cucumber and Citrus Relish

Serves 6

Ingredients:

3 tablespoons olive oil
6 tablespoons fresh lime juice, divided
1 teaspoon ancho chile powder
1 teaspoon salt, divided
 $\frac{3}{4}$ teaspoon black pepper, divided
1 $\frac{1}{2}$ pounds skinless halibut fillets, cut into 6 (4 ounce) pieces
 $\frac{1}{2}$ English cucumber, very thinly sliced
 $\frac{1}{2}$ small red onion, cut into thin strips
2 tablespoons fresh orange juice
1 teaspoon sugar
 $\frac{1}{4}$ cup reduced fat mayonnaise
 $\frac{1}{4}$ cup reduced fat sour cream
12 (5 inch) corn tortillas
1 teaspoon seeded, finely minced Serrano chile
1 $\frac{1}{2}$ cups pico de gallo or salsa

Directions:

Combine oil, 2 tablespoons lime juice, chile powder, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper. Toss with fish in a glass dish; chill for 15 minutes.

Meanwhile, for relish, stir together cucumber, onion, orange juice, 2 tablespoons lime juice, sugar and remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a bowl. Set aside.

For crema, combine mayonnaise, sour cream and remaining 2 tablespoons lime juice; refrigerate.

Prepare grill. Spray with cooking spray and heat to medium-high. Grill fish for 3-4 minutes per side or until just opaque in center. Remove from grill, and cool slightly. Warm tortillas on grill for about 20 seconds on each side, then wrap in foil to keep warm.

Add Serrano chile to relish; spoon 2 tablespoons relish into each tortilla. Divide pieces of fish in half and flake each half onto a tortilla. Top with 2 tablespoons pico de gallo. Drizzle with 2 teaspoons crema. Fold tortillas in half; serve.

Nutritional content:

2 tacos

Calories	358	Fat	12g	Cholesterol	38mg
Protein	27g	Carbs	35g	Sodium	684mg

Chopped Greek Salad

Serves 4

Ingredients:

- ¼ cup fresh lemon juice
- 1 small garlic clove, minced
- 1 tablespoon honey
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons extra virgin olive oil
- 1 ½ heads hearts of Romaine, chopped (about 12 cups)
- 1 cup canned chickpeas (garbanzo beans) rinsed and drained
- 1 small yellow bell pepper, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 1 cup chopped cucumber
- ½ small red onion, chopped
- ¼ cup pitted kalamata olives
- 1/3 cup crumbled feta cheese
- ¼ cup fresh mint leaves
- 2 whole wheat pitas, toasted and halved

Directions:

Whisk together the first 5 ingredients (through black pepper) in a bowl. Slowly whisk in olive oil until well combined.

Place romaine in large serving bowl. Arrange chickpeas and next 6 ingredients (through feta) on top in sections. Sprinkle mint leaves over the salad. Drizzle the dressing over the salad just before serving, and toss. Serve with toasted pita halves.

Nutritional content:

3 ½ cups salad, ½ pita and 1 ¼ tablespoons dressing

Calories	278	Fat	14g	Cholesterol	11mg
Protein	9g	Carbs	32g	Sodium	537mg