

Spice-Rubbed Lamb Chops

Ingredients:

- 1 tsp. finely shredded orange peel
- 1 tsp. ground cinnamon
- ¼ tsp. ground cumin
- 1/8 tsp. salt
- 8 lamb rib chops, cut 1 inch thick (1-¾ pounds total), frenched if desired
- 2 tsp. olive oil
- 1 medium carrot, halved lengthwise and sliced
- ½ cup chopped onion
- ½ cup water
- 1 14.5-oz. can diced tomatoes
- ¾ cup canned chickpeas (garbanzo beans), rinsed and drained
- ½ cup whole-wheat couscous
- ¼ cup snipped fresh Italian (flat-leaf) parsley
- Orange wedges

Directions:

- In a bowl combine orange peel, cinnamon, cumin, and salt. Trim fat from lamb chops. Rub orange peel mixture over both sides of chops. In 12-inch nonstick skillet heat oil over medium-high heat. Add lamb chops. Reduce heat to medium. Cook for 9 to 11 minutes for medium doneness (160 degrees F), turning halfway through. Remove from skillet. Keep warm.
- Add carrots and onion to skillet; cook and stir 3 minutes. Slowly add water; undrained tomatoes, and chickpeas. Bring to boiling; stir in couscous. Top with chops. Remove from heat. Let stand 5 minutes.
- Transfer lamb chops to platter. Fluff couscous with fork. Serve with lamb chops. Sprinkle couscous with parsley. Serve with orange wedges.

Yield: 4 servings

Nutritional Information: Calories 434, Total Fat 11g, Cholesterol 105mg, Sodium 531mg, Carbohydrate 42g, Total Sugar 7g, Fiber 8g, Protein 41g

Recipe Source: www.bhg.com, 2009

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.