

# GREAT GRILLING

## Get Grilling With American Lamb *Simple Marinades and Succulent Lamb Team Up For Summertime Flavor*

(NAPSA)—With grilling season upon us, American Lamb makes an easy and elegant meal for warm weather feasts using few ingredients and quick techniques. Grilling is the quintessential summer pastime and an ideal low-fat cooking method for lean proteins like lamb. American Lamb is rich in protein, iron, B vitamins, and zinc and on average has less than 175 calories per 3-ounce portion.

Firing up the grill is fun for outdoor entertaining and fast enough for a casual weekday meal. From chops to burgers to kebabs, any cut of American Lamb is the secret weapon for great grilling!

### **Brighten Up the Barbeque Using the Magic of Marinades and Lean Lamb**

#### **Mint Raspberry American Lamb Chops:**

Combine  $\frac{1}{2}$  cup of olive oil, 2 tablespoons raspberry vinegar, 1 tablespoon of chopped fresh mint and 1 minced garlic clove. Place four loin chops (1 inch thick) in marinade and refrigerate for at least one hour. Grill for 9-10 minutes for sweet and tangy lamb chops.

#### **Soy Ginger American Lamb Burgers:**

Create Asian-inspired burgers by combining  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{4}$  cup soy sauce,  $\frac{1}{4}$  cup honey, 1 teaspoon grated ginger and 1 minced garlic clove and add to 1 pound of ground American Lamb. Form mixture into four  $\frac{1}{2}$  inch



**Lamb makes an easy and elegant meal using few ingredients and quick techniques.**

thick patties and grill 5 minutes for rare; 7 minutes for medium-rare; 9 minutes for medium; and 11 minutes for medium-well.

#### **Yogurt Curry American Lamb Kebabs:**

For kicked-up kebabs, mix  $\frac{1}{2}$  cup plain yogurt, 2 teaspoons curry powder, 1 minced garlic clove, and  $1\frac{1}{2}$  teaspoons lemon pepper in a non-reactive bowl. Cut  $1\frac{1}{2}$  pounds of boneless leg into 1 inch cubes and place in yogurt mixture. Cover and refrigerate for 2-3 hours. Remove lamb from marinade and thread four cubes (alternating with vegetables) on eight pre-soaked wooden skewers. Grill the kebabs approximately 4 minutes per side, or to desired degree of doneness.

For more grilling recipes and information about American Lamb visit [www.americanlamb.com](http://www.americanlamb.com).