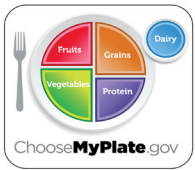


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



GRILLED LAMB SALAD

Grilled lamb is delightful with any green salad, especially this Asian-inspired version.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 12 oz boneless leg of lamb, cut into 1-inch cubes (* if cubed lamb is not available at your meat market, ask the butcher to prepare it for you)
 - 4 bamboo skewers
 - 6 cups shredded Savoy, Napa, or green cabbage
 - 2 carrots, shredded
 - 3 green onions, sliced
 - 2 tbsp black or white sesame seeds
 - 1 small jicama, julienned (optional)
- Marinade/Dressing**
- 2 tbsp sugar
 - 2 tbsp rice vinegar
 - 3 tbsp soy sauce, low sodium
 - ¼ cup water
 - 1 tbsp vegetable oil

DIRECTIONS:

Mix marinade/dressing ingredients; divide evenly. Place lamb cubes in a glass dish; pour half of the marinade/dressing over the lamb. Cover and refrigerate at least two hours. In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds. Remove lamb and discard marinade. Soak bamboo skewers in water for 30 minutes; divide lamb among the 4 skewers. On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness). Remove lamb from skewers, add to salad, and toss. To serve, divide salad evenly on four plates. Drizzle with remaining dressing.

Serving Suggestions:

Serve with 8 oz glass of nonfat milk and orange slices/wedges, about ½ an orange.

Tips on Cooking Lamb:

Cooking temperatures: 145 °F (medium-rare); 160 °F (medium); 170 °F (well-done)

Recipe Submitted by Produce For Better Health Foundation



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1¼ cups
Grains	--
Protein	3 oz

Nutrition Facts	
Serving Size 349 g	
Amount Per Serving	
Calories 260	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 360mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Sugars 9g	
Protein 23g	
Vitamin A 130%	Vitamin C 90%
Calcium 10%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

