

American Lamb and Berry Salad with Avocados

8 servings

Preparation time: 20 minutes

Cook time: 1 hour

- 1 pound boneless **American Lamb** shoulder, trimmed of visible fat and cut into pieces of equal thickness
- 1 tablespoon olive oil
- 1 package (6 ounces) mixed salad greens
- 1 package (6 ounces) raspberries or blackberries
- 1/2 cup toasted pecans
- 1 large ripe avocado, halved, pitted, peeled, and cubed
- 1/3 cup prepared dressing
- Creamy feta cheese and 16 slices of baguette for garnish

In large skillet with cover, heat oil over high heat. Brown lamb on all sides. Add 2 cups water. Cover and braise over low heat for 1 hour. Cool in liquid. Remove from liquid. Refrigerate or freeze remaining liquid for use in stock for soup. Cut meat into 1-inch pieces, removing all fat; set aside.

In salad bowl, combine greens, berries, pecans, and avocado; set aside. Mix lamb with salad dressing. Toss with salad.

For garnish, spread feta cheese on slices of baguette and brown under broiler.

Serve salad on plates and garnish with two slices of baguette.

Nutrition per serving: 332 calories, 14 g protein, 10 g carbohydrate, 27 g total fat (71% calories from fat), 54 mg cholesterol, 4 g fiber, 322 mg sodium, 4 mg niacin, 0.24 mg vitamin B6, 1 mcg vitamin B12, 2 mg iron, 3 mg zinc.

Recipe and image provided by the American Lamb Board