

American-Style Mediterranean Stuffed Lamb Loin

Serves 8

Preparation time: 15 minutes

Cook time: 1 hour 30 minutes

- 2 tablespoons olive oil, divided
- 1/4 cup finely chopped onion
- 2 cloves garlic, finely chopped
- 1 cup shredded spinach leaves
- 1/4 cup fresh basil, shredded
- 2 tablespoons finely chopped sundried tomatoes in olive oil
- 2 tablespoons pine nuts or sunflower seeds, chopped
- 2 teaspoons lemon pepper, divided
- 1/2 cup crumbled feta cheese
- 1-3/4 to 2 pounds boneless **American Lamb** sirloin roast

In medium skillet, heat 1 tablespoon olive oil, cook onion and garlic over medium heat for 3 minutes. Mix in spinach, basil, sundried tomatoes, pine nuts and 1 teaspoon lemon pepper. Cook additional 2 to 3 minutes until spinach is wilted. Mix in feta cheese; set aside.

Remove all visible fat from meat; slice halfway through meat down center lengthwise. Cover with plastic wrap, and with meat mallet pound to 1-inch thick. Place filling down center of meat; roll and tie with string at 2-inch intervals. Brush with 1 tablespoon olive oil and sprinkle with 1 teaspoon lemon pepper.

Place on rack in roasting pan and roast in 325°F oven to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well. Cover and let roast stand 10 minutes before carving. Internal temperature will rise approximately 10 degrees.

Nutrition per serving: 314 calories, 23 g protein, 2 g carbohydrate, 23 g total fat (67% calories from fat), 89 mg cholesterol, 0.4 g fiber, 282 mg sodium, 6 mg niacin, 0.20 mg vitamin B6, 2 mcg vitamin B12, 2 mg iron, 4 mg zinc.

Recipe and image provided by the American Lamb Board