

# Festive Lamb Crown Roast with Oven Roasted Vegetables

6 to 8 servings

Preparation time: 20 minutes

Cook time: 1 hour and 45 minutes

- 2 heads of garlic
- 2 tablespoons olive oil, divided
- 2 tablespoons butter
- 1 cup Panko bread crumbs
- 3 tablespoons chopped herbs (rosemary, basil and thyme)
- 1 **American Lamb** crown roast, cap removed from ribs
- Salt and coarse ground pepper
- Oven roasted vegetables

Cut 1/2 inch off the tops of the garlic. Place in small metal pan and drizzle with 1 tablespoon oil. Roast in 375°F oven for 1 hour. Cool and squeeze soft garlic cloves into small bowl. Mash with remaining 1 tablespoon oil; set aside.

In small skillet, melt butter and add bread crumbs. Stir and cook until browned. Pour into bowl and mix in herbs. Place roast in roasting pan. Rub garlic mixture over outside of roast. Generously season lamb with salt and pepper. Pat on bread crumb mixture. Roast at 375°F for about 45 minutes or until desired degree of doneness. Remove roast from oven, pour roasted vegetables in center, cover and let stand for 10 minutes. Carve and serve 2 to 3 chops per serving.

*Nutrition per serving: 503 calories, 46 g protein, 11 g carbohydrates, 29 g total fat, (53% calories from fat), 157 mg cholesterol, 1 g fiber, 180 mg sodium, 11.19 mg niacin, 0.37 vitamin B6, 3.68 mcg vitamin B12, 3 mg iron, 8 mg zinc.*

Recipe and image provided by the American Lamb Board