

Greek Lamb Salad with Fresh Mint Dressing

4 servings

Preparation time: 15 minutes

- 3/4 pound cooked **American Lamb** leg or shoulder, cut into 1/2-inch cubes
- 1/2 cup pitted Kalamata or black olives, drained and sliced in half
- 1/3 cup prepared Balsamic salad dressing
- 2 tablespoons chopped fresh mint leaves
- 8 cups (7-ounce package) salad greens
- 5 thin slices red onion, made into rings
- 1 medium cucumber, thinly sliced
- 1/2 cup (2.65 ounces) coarsely crumbled feta cheese

In medium bowl, combine lamb, olives, salad dressing, and mint; allow to marinate for 15 minutes.

In large salad bowl, combine salad greens, red onions, cucumber and feta cheese. Add salad dressing mixture and toss to coat.

Nutrition per serving: 289 calories, 28 g protein, 11 g carbohydrates, 14 g total fat (46% calories from fat), 92 mg cholesterol, 1 g fiber, 811 mg sodium, 6 mg niacin, 0.25 mg vitamin B6, 3 mcg vitamin B12, 2 mg iron, 5 mg zinc

Recipe and image provided by the American Lamb Board