

Greek-Style Lamb Leg Roast

8 servings

Preparation time: 20 minutes

Cook time: 50 minutes

- 1 tablespoon lemon juice
- 1 teaspoon honey
- 3/4 teaspoon garlic powder, divided
- 1/2 teaspoon dried thyme, crushed
- 2 to 2-1/2 pounds **American Lamb** boneless leg roast, rolled and tied
- 1/2 10-ounce package, frozen chopped spinach, thawed and squeezed dry
- 8 green onions, finely chopped
- 2 tablespoons chopped fresh oregano or 2 teaspoons dried oregano, crushed
- 1/2 cup crumbled feta cheese (about 2 ounces)
- 2 tablespoons fine dry bread crumbs

For rub, combine lemon juice, honey, 1/2 teaspoon garlic powder and thyme. Rub on all surfaces of lamb roast. Combine spinach, green onions, oregano and 1/4 teaspoon garlic powder; mix well. Stir in feta cheese and bread crumbs. Untie lamb roast and place skin-side down on a flat surface. Cut meaty part of roast as necessary to allow it to lie as flat as possible. Do not cut through skin-side of roast. Place stuffing onto roast pressing into meat. Roll up and tie securely. Place on rack in a roasting pan. Roast in 325°F oven for 20 to 25 minutes per pound or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well. Let stand 10 minutes. Internal temperature will rise approximately 10 degrees. Slice and serve.

Nutrition per serving: 344 calories, 29 g protein, 5 g carbohydrate, 23 g total fat (61% calories from fat), 109 mg cholesterol, 1 g fiber, 205 mg sodium, 7 mg niacin, 0.22 mg vitamin B6, 3 mcg vitamin B12, 3 mg iron, 5 mg zinc.

Recipe and image provided by the American Lamb Board