

# Grilled American Lamb Kabobs with Orzo

4 servings

Preparation time: 20 minutes

Marinate time: 1 hour

Cook time: 14 minutes

- 1-1/2 pounds **American Lamb** boneless leg, cut into 1-1/2-inch cubes
- 1/4 cup olive oil, divided
- 4 teaspoons lemon juice
- 2 cloves garlic, finely chopped
- 1 tablespoon chopped fresh rosemary leaves
- 1 medium zucchini, cut into 1-inch-thick slices
- 1 small red onion, cut into small wedges
- 4 wooden skewers, soaked in water
- Salt and pepper to taste
- 1 cup orzo pasta, cooked according to package directions
- 1/2 cup coarsely chopped roasted red bell peppers
- 1/3 cup pitted kalamata olives, quartered
- 1 teaspoon shredded lemon peel

In large sealable plastic bag, combine lamb, 3 tablespoons olive oil, lemon juice, garlic and rosemary. Refrigerate and marinate for 1 hour or overnight. Remove lamb from marinade and discard marinade. Alternately thread lamb, zucchini and red onion onto skewers. Season kabobs with salt and pepper.

Grill over medium-hot coals 7 minutes per side or until desired degree of doneness: 145°F for medium-rare, 160°F for medium and 170°F for well. Remove lamb from grill, cover and let stand 5 minutes.

Toss cooked pasta with remaining 1 tablespoon olive oil, roasted red peppers, olives and lemon peel.

*Nutrition per serving: 536 calories, 40 g protein, 49 g carbohydrates, 19 g total fat (33% calories from fat), 98 mg cholesterol, 3 g fiber, 420 mg sodium, 0.31 mg niacin, 2.89 mg vitamin B6, 2.89 mcg vitamin B12, 5 mg iron, 6 mg zinc.*

Recipe and image provided by the American Lamb Board