

Grilled American Lamb Loin Chops with Fennel

4 servings

Preparation time: 10 minutes

Cook time: 14 to 18 minutes

- 1 tablespoon fennel seeds
- 1 teaspoon *each* garlic salt and coarse pepper
- 2 teaspoons olive oil
- 8 **American Lamb** loin chops, 1-1/4-inch-thick
- 1 large red onion, cut into 1/2-inch-thick slices

In small bowl, combine fennel, garlic salt, pepper and olive oil. Rub mixture on both sides of lamb chops and onion slices.

Grill over coals covered with gray ash. Begin by cooking onions for 5 minutes. Turn onions over when browned and cook until tender. Add lamb chops and grill for 7 minutes on each side or to desired degree of doneness.

Make grilled onions into rings and top with lamb chops.

Nutrition per serving: 447 calories, 33 g protein, 5 g carbohydrate, 32 g total fat (66% calories from fat), 128 mg cholesterol, 1 g fiber, 341 mg sodium, 9 mg niacin, 0.23 mg vitamin B6, 3.16 mcg vitamin B12, 3 mg iron, 5 mg zinc.

Recipe and image provided by the American Lamb Board