

Herb Crusted Racks of Lamb

4 servings

Preparation time: 10 minutes

Cook time: 30 minutes

- 2 racks of **American Lamb** (8 ribs each), trimmed
- 3/4 cup finely chopped parsley
- 1 medium onion, finely chopped
- 1 tablespoon fresh dill weed, chopped, or 1 teaspoon dried dill weed
- 1/4 cup fine dry bread crumbs
- 2 teaspoons fresh oregano leaves, chopped, or 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper

Combine all ingredients, except lamb; mix well. Pat mixture on outside of racks.

Place lamb on broiler rack, bone-side down, in shallow roasting pan. Roast 30 to 35 minutes in 375°F oven or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well. Cover and let stand for 10 minutes. Internal temperature will rise approximately 10 degrees.

Nutrition per serving: 416 calories, 45 g protein, 4 g carbohydrate, 23 g total fat (51% calories from fat), 150 mg cholesterol, 1 g fiber, 461 mg sodium, 11 mg niacin, 0.25 mg vitamin B6, 4 mcg vitamin B12, 4 mg iron, 8 mg zinc.

Recipe and image provided by the American Lamb Board