

# Italian Stir-Fried Lamb

4 servings

Preparation time: 15 minutes

Cook time: 10 minutes

- 3/4 cup chicken broth
- 1/4 cup dry white wine or water
- 2 tablespoons prepared pesto
- 4 teaspoons cornstarch
- 1/2 teaspoon dried oregano leaves, crushed
- 1 tablespoon peanut oil
- 1/2 cup thinly sliced carrots
- 1 package (10 ounces) frozen Italian-style green beans, thawed
- 1 cup sliced fresh mushrooms
- 12 ounces **American Lamb** boneless leg or sirloin, thinly sliced into 3-inch strips
- 1 cup halved cherry tomatoes
- 4 ounces linguine or fettuccine, cooked
- 2 tablespoons grated Parmesan cheese

In a small bowl, combine broth, wine or water, pesto, cornstarch and oregano. Set aside. Preheat a wok or large skillet over high heat; add oil. Stir-fry carrots and green beans for 4 minutes. Add mushrooms; stir-fry 1 to 2 minutes or until vegetables are crisp tender. Remove vegetables from wok or skillet; set aside.

Add lamb strips to wok or skillet. Stir-fry about 3 minutes or until slightly pink. Add vegetable mixture. Add pesto mixture to skillet. Cook and stir until thickened and bubbly. Stir in tomatoes. Cook 1 minute longer. Serve over hot cooked pasta; sprinkle with Parmesan cheese.

*Nutrition per serving: 436 calories, 24 g protein, 35 g carbohydrate, 22 g total fat (44% calories from fat), 64 mg cholesterol, 4 g fiber, 358 mg sodium, 7 mg niacin, 0.20 mg vitamin B6, 2 mcg vitamin B12, 3 mg iron, 4 mg zinc.*

Recipe and image provided by the American Lamb Board