

ROSEMARY-CRUSTED RACK OF LAMB WITH BALSAMIC SAUCE

Makes 4 servings (serving size: 2 lamb chops and about 2 teaspoons sauce).

Ask your butcher for a French-cut rack of lamb (for which bones have been cleaned down to loin).

1 (1½-pound) French-cut lean rack of lamb
(about 8 ribs)

3 tablespoons balsamic vinegar

3 teaspoons chopped fresh or 1 teaspoon dried rosemary, divided

2 garlic cloves, minced

⅛ teaspoon pepper

¼ cup fresh bread crumbs

Cooking spray

½ teaspoon olive oil

¼ cup minced shallots

¼ cup dry white wine

½ cup low-salt chicken broth

2 teaspoons honey

½ teaspoon cornstarch

Thyme sprigs, optional

Red grapes, optional

■ Trim fat from lamb. Combine vinegar, 2 teaspoons rosemary, and minced garlic in a large zip-top plastic bag. Add the lamb to bag, and seal. Marinate in refrigerator for 6 to 12 hours, turning occasionally.

■ Heat oven to 450 degrees.

■ Remove lamb from bag, reserving marinade. Sprinkle lamb with pepper. Combine the bread crumbs and 1 teaspoon chopped rosemary, and pat bread crumb mixture into meaty side of lamb. Place lamb, meat side up, on a jelly-roll pan coated with cooking spray.

■ Insert a meat thermometer into the thickest part of lamb, making sure not to touch bone. Bake lamb at 450 degrees for 20 minutes or until the meat thermometer registers 145 degrees (medium-rare) or until the lamb is desired degree of doneness.

■ Heat olive oil in a large nonstick skillet over medium-high heat; add shallots, and saute for 4 minutes. Add white wine and reserved marinade, and bring to a boil. Reduce heat, and simmer, uncovered, 8 minutes or until liquid almost evaporates. Add chicken broth, and bring to a boil. Reduce heat, and simmer, uncovered, until reduced to ½ cup, about 5 minutes.

■ Combine honey and cornstarch, and add to the broth mixture. Bring to a boil, and cook for 1 minute, stirring constantly.

■ Slice rack into 8 chops. Serve sauce with lamb; garnish with thyme sprigs and red grapes, if desired.

■ **Note:** You can use ¾ cup low-salt chicken broth and omit the wine, if desired.

NUTRIENTS:

Per serving: 208 calories, 45 percent calories from fat, 21 grams protein, 8 grams carbohydrate, 10 grams fat, 65 milligrams cholesterol, 87 milligrams sodium, 0.2 gram fiber, 3.4 grams saturated fat.

NOTES: