

Lamb Chops with Grape-Balsamic Sauce

Servings: 2 (2 lamb chops and 1/2 cup sauce each)

Carb. Per Serving: 10g

Start to finish: 20 minutes

4 small lamb rib chops (10 to 12 ounces total) or 8 ounces boneless pork loin chop, cut 3/4 inch thick.

1 teaspoon snipped fresh rosemary or 1/4 teaspoon dried rosemary finely crushed

2 teaspoons olive oil

1 cup seedless red grapes, halved

1 tablespoon balsamic vinegar

Preparation:

1. Trim fat from chops.
2. In a small bowl, combine rosemary, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
3. Sprinkle evenly over chops; rub in with your fingers.
4. In a large nonstick skillet, heat oil over medium heat.
5. Add chops.
6. Cook 8 to 10 minutes or until lamb is desired doneness (145°F for medium-rare or 160°F for medium) or pork is slightly pink in the center (160°F), turning once.
7. Remove chops from skillet. Keep warm.

8. In the same skillet, combine grapes, vinegar, and tablespoon water.

9. Cook and stir just until boiling; reduce heat.

10. Cook and stir 1 to 2 minutes more or until grapes are softened but still hold their shape.

11. Serve mixture over chops.



Per Serving: 230 cal., 10g total fat (3 g sat.fat) 75 mg chol., 205 mg sodium, 10 g carb., 0 g fiber, 24 g pro.

Exchanges: 0.5 fruit, 3.5 lean meat, 1 fat.

Carb choices: 0.5