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### **LAMB IS THE NEW LEAN IN 2008**

*Two savory recipes to celebrate the New Year while watching your waistline*

**Austin, TX. (December 7, 2007)** – What will you eat *more* of in 2008? New Year's resolutions usually focus on eating less of this and avoiding that. Instead, take a positive approach to eating better: more options, more flavor, more enjoyment. More lamb.

Lamb is the new "lean."

That's right, on average, a three-ounce serving of lamb has only 175 calories, meets the Food and Drug Administration's (FDA) definition for lean and is an excellent source of protein, vitamin B12, niacin, zinc, and selenium and a good source of iron and riboflavin.

To make it even easier to reach and maintain your New Year's goals, cooking lamb couldn't get any easier—its convenience and versatility are perfect when quick-cooking is in order. Lamb brings flavor *and* nutrition to the table and here are two recipes to get you started: Pacific Rim Stir Fry with Lamb Chops and Braised Lamb with Black Mission Figs.

The **Pacific Rim Stir Fry with Lamb Chops** recipe is full of colorful vegetables and uses lamb chops, which are perfectly proportioned for healthy eating. With the flavorful combination of soy, ginger and garlic infused into the lamb, you have a tasty, healthful dish to enjoy again and again in the new year.

Fit for a cozy night in for two, the **Braised Lamb with Black Mission Figs** recipe uses juicy oranges, a touch of red wine, delectable figs and flavorful lamb to create a good-for-you dish that's big on flavors.

For more lean New Year's inspirations, visit [www.leanonlamb.org](http://www.leanonlamb.org)

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