

Energize the Season!

Lean lamb and potatoes — a smart start for flavorful meals

FAMILY FEATURES

There's nothing more mouthwatering than a succulent leg of lamb roasting in the oven, surrounded by potatoes with crispy, browning edges. Somehow, a dinner featuring a showpiece roast just feels special. Yet a memorable meal needn't be hard on the cook. Now is the time of year when it's easy to get tired from hectic schedules and short days. Count on lean lamb and wholesome potatoes to restore your energy reserves and land some "oohs" and "ahhs" at the table in the process.

Starting a meal with lamb makes good nutrition sense. Lamb is a lean, nutrient rich, flavorful meat that delivers vitamins and minerals — such as the important B vitamins and iron — that help the body produce energy. Iron from red meat is more readily absorbed by the body than iron from plant sources. The leanest cuts of lamb include the leg and loin. Even better, most cuts tend to have less marbling than other meats.

Of course, the perfect pairing for any meat is potatoes, particularly those grown in Wisconsin, America's heartland. Skin-on potatoes contain more potassium than a banana and are a source of fiber. A 5.3-ounce potato is fat-, sodium- and cholesterol-free, and contains nearly half your daily value of vitamin C for just 110 calories. And its complex-carbohydrates provide the ideal efficient energy source for the body.

Another bonus for weary cooks: the roasted lamb and potato dish provides plenty of leftovers to serve as the base for two quick meals later in the week. How's that for energy conservation?



Lamb Pitass With Cucumber Mint Tzatziki

Prep time: 15 minutes
Makes 4 servings

Mint Tzatziki

- 3/4 cup plain nonfat yogurt
- 1/2 cup peeled, coarsely grated cucumber
- 1 tablespoon chopped fresh mint
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon kosher or sea salt
- 2 cloves garlic, minced

Lamb Pitass

- 4 whole wheat pita bread rounds
- 2 cups chopped or shredded romaine lettuce
- 1 1/2 cups small bite-size pieces leftover roasted boneless leg of lamb
- 3/4 cup chopped tomato
- 1/2 cup thinly sliced red onion

Stir together all tzatziki ingredients in small bowl; set aside. Cut each pita round in half. Open carefully and fill with lettuce, lamb, tomato and onion. Serve with Mint Tzatziki sauce.

Nutrition per serving: 333 calories, 7 g total fat, 2 g saturated fat, 52 mg cholesterol, 480 mg sodium, 44 g carbohydrate, 6 g fiber, 25 g protein, 40% daily value for vitamin A, 26% daily value for vitamin C, 21% daily value for iron, 13% daily value for calcium, 17% daily value for potassium

Get more from potatoes and lamb: the dynamic duo

Wisconsin potatoes are goodness unearthed

- For additional super spud recipes visit www.wisconsinpotatoes.com, or order the "Wisconsin Potato Sensations Cookbook" by sending a check or money order for \$8.00 to Wisconsin Potato Sensations, Dept. FF, P.O. Box 327, Amigo, WI 54409. Allow 6 to 8 weeks for delivery.
- Growers in Wisconsin have been recognized nationally for environmentally friendly production practices and their Healthy Grown potatoes. Also, because they are centrally located, they can guarantee quick turnaround time for maximum freshness.

Lean on lamb for healthy meals

- In general, lamb should be cooked to 145°F for medium rare, 160°F for medium and 170°F for well done. Ground lamb should always be cooked to 160°F.
- Lamb chops, roasts, steaks and legs are perfect for cooking methods that use dry heat, such as grilling, roasting or broiling. Stew meat and shanks are perfect for moist heat cooking, such as braising and stewing.
- Plenty more great lamb recipes and cooking tips can be found at www.leanonlamb.com.

Windowsill Herb Garden Lamb and Potatoes

Prep time: 20 minutes
Cook time: about 1 1/2 hours
Makes 8 servings

- 1/3 cup chopped fresh herbs (rosemary, thyme, marjoram)*
- 8 cloves garlic, minced
- 1 boneless leg of lamb (about 3 pounds)
- 4 pounds Yukon Gold potatoes, cut into 1-inch cubes
- 1 1/2 cups frozen, thawed pearl onions
- 1 tablespoon olive oil
- 2 lemons, cut into 1/4-inch-thick slices
- Freshly ground kosher or sea salt and pepper to taste

Preheat oven to 350°F. Stir together herbs and garlic in small bowl; set aside 2 tablespoons. Remove ties or netting from lamb. Using a small sharp knife, make slits deep into lamb, spacing 1/2-inch apart. Rub the larger amount of herb mixture over surface and into center of lamb, pressing mixture into slits. Tie in 2 places with kitchen string to secure.

Place potatoes, onions, oil, lemons and reserved herb mixture in large roasting pan with shallow sides and toss well to coat. Nestle lamb into the center and season with salt and pepper.

Cook for about 1 1/2 hours or until lamb is cooked to your liking (145°F for medium rare, 160°F for medium and 170°F for well done), stirring vegetables every 1/2 hour.

*May be substituted with 2 teaspoons each dried rosemary, thyme and marjoram.

Nutrition per serving: 463 calories, 14 g total fat, 5 g saturated fat, 120 mg cholesterol, 107 mg sodium, 42 g carbohydrate, 6 g dietary fiber, 40 g protein, 82% daily value for vitamin C, 27% daily value for iron, 39% daily value for potassium



Harissa Potatoes

Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

- 4 cups leftover cubed roasted potatoes
- 1/2 cup chopped red bell pepper
- 2 cloves garlic, minced
- 1 teaspoon each: paprika, ground cumin and ground coriander
- 1/2 teaspoon ground caraway seeds
- 1/4 teaspoon cayenne pepper
- Kosher or sea salt to taste

Preheat oven to 350°F and spray baking sheet with nonstick cooking spray. Place potatoes, bell pepper and garlic in a medium bowl. Stir together remaining ingredients in small bowl and sprinkle over potatoes; toss well to coat. Transfer to prepared baking sheet and cook for 20 minutes or until potatoes are hot and slightly crisp on the edges. Season to taste with salt.

Tip: To give these potatoes a bit more crisp, give them a coat with olive oil cooking spray halfway through the cook time.

Nutrition per serving: 156 calories, 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 13 mg sodium, 33 mg carbohydrate, 5 g dietary fiber, 4 g protein, 99% daily value for vitamin C, 17% daily value for vitamin A, 23% daily value for potassium

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All materials courtesy of: Tri-Lamb Group / Wisconsin Potatoes

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