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“EAT OUT” AT HOME WITH DELICIOUS, LEAN LAMB
Restaurant-Worthy Recipe Ideas that Won't Break the Bank or Your Waistline

Austin, TX (May 14, 2009) — When was the last time you enjoyed the enticing experience of lean lamb? Chances are it may have been at a restaurant. Well, there's a new reality to American pocketbooks and it's affecting what we eat—we're eating out less, cooking at home more, and paying close attention to the foods we purchase. To food lovers, this new reality may feel like a drag, but it doesn't have to. Lamb brings home the flavor and enjoyment of dining out as well as the nutrient-rich goodness we appreciate.

In 2008, Mintel, a leading market research company, revealed that 54% of people who dine out regularly are cutting back on restaurant spending because of the economy. And many consumers choose to eat at home because it's more nutritious. In fact, the *2008 Shopping for Health* report from the Food Marketing Institute (FMI) reported that 96% of consumers believe that eating at home is healthier than eating out.

An icon of extraordinary dining experiences, lamb makes it easy to have an effortless, restaurant-quality meal at home. And what's more, lamb's impressive nutrition profile means guilt-free enjoyment. On average, a three-ounce serving is lean and has only 175 calories. In addition, lamb is nutrient-rich—it's an excellent source of protein, vitamin B12, niacin, zinc and selenium and a good source of iron and riboflavin.

Registered dietitian Carolyn O'Neil, co-author of *The Dish on Eating Healthy and Being Fabulous!*, says “Lamb offers a win-win for taste and health. It can be enjoyed in so many easy and elegant recipes and is a lean protein choice you can feel good about. Lamb is a great partner for other elements of healthy cooking such as salads, grilled vegetables, flavorful low fat sauces and exciting spice blends.”

O'Neil recommends the following tips and recipes for creating restaurant-inspired meals at home with lean lamb.

- “Since many cuts of lamb are lean it lends itself to high heat quick cooking methods, such as searing in a skillet or grilling, which add flavor but keep the meat juicy and tender. The recipe for *Adobo Crusted Lamb Loin Chops* is a delicious example!”
- “Enjoy a world of healthy flavors at home by preparing lamb with internationally inspired dishes. Steam some jasmine rice to easily prepare a Thai meal at home with *BBQ Ginger Lamb Satays with Thai Dipping sauce*.”
- “Lamb's versatility lends itself to so many healthy preparations including salads. Grilled lamb can elevate a salad of seasonal fruits and vegetables to entrée status. The *Lamb, Lime and Mango Salad* is full of fresh flavors with tropical mangos complimenting delicious, lean lamb.

For recipes, cooking tips and nutrition information, visit www.leanonlamb.com. In the meantime, elevate your plate with ***Adobo Crusted Lamb Loin Chops, BBQ Ginger Lamb Satays with Thai Dipping Sauce, or Lamb, Lime and Mango Salad***. These delicious recipes highlight lamb's versatility with ethnic-inspired flavors.

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Adobo Crusted Lamb Loin Chops

Makes 4 servings

1 tablespoon fennel seed
1 tablespoon cumin seed
2 teaspoons coriander seed
1/2 teaspoon dried rosemary
2 teaspoons cracked pepper
1/2 teaspoon kosher salt
2 teaspoons minced garlic
2 teaspoons dried oregano
1/2 teaspoon dried thyme
2 teaspoons lime zest
8 lamb loin chops, 1-inch thick
4 tablespoons olive oil

In a dry skillet, toast fennel, cumin, coriander, rosemary and pepper for a few minutes until aromatic; let cool and grind coarsely in a spice grinder or blender. Stir in salt, garlic, oregano, thyme and lime zest. Rub both sides of each lamb chop with about a tablespoon of the spice mixture; cover and let stand for at least 1 hour.

Preheat oven to 400 °F. Heat two oven-proof large skillets over medium-high heat; add 2 tablespoons of olive oil to each pan and bring just to the smoking point. Place four lamb chops in each hot pan and sear for 5 minutes; turn lamb to sear the second side for an additional 2 minutes. Place the pans into the oven and continue to cook the chops for 5 to 10 minutes or until lamb is cooked to your liking.

Nutrition per serving: 316 calories, 22 g total fat, 80 mg cholesterol, 307 mg sodium, 4 g carbohydrate, 2 g fiber, 25 g protein

BBQ Ginger Lamb Satays with Thai Dipping Sauce

Makes 4 servings

Lamb

- 1 1/2 pound boneless leg of lamb, cut in 1 1/2-inch cubes
- 1 tablespoon finely chopped ginger
- 2 cloves garlic, crushed
- 1 tablespoon brown sugar
- 1 tablespoon reduced sodium fish sauce
- 1 tablespoon sesame oil

Dipping Sauce

- 2 tablespoon lime juice
- 2 tablespoon sweet chili sauce
- 2 tablespoon chopped cilantro
- 1 red chili, seeded and finely chopped
- 1 tablespoon toasted sesame seeds (optional)

In a large bowl, combine the lamb cubes with the ginger, garlic, sugar, fish sauce and sesame oil and season to coat. Refrigerate and marinate for 30 minutes. Soak bamboo skewers in water for 30 minutes, then divide lamb among the 8 skewers. Heat a BBQ or char grill and cook the lamb 5-6 minutes on each side, or until the lamb is cooked.

To make the dipping sauce, combine all the ingredients together and spoon into small bowls to serve.

Serve on steamed jasmine rice, sprinkled with the toasted sesame seeds if using, and with the dipping sauce on the side.

Nutrition per serving: 334 calories, 17 g total fat, 120 mg cholesterol, 554 mg sodium, 7 g carbohydrate, 1 g fiber, 37 g protein

Lamb, Lime and Mango Salad

Makes 4 servings

Lamb

3 cloves garlic, minced
10 sprigs cilantro, stemmed (reserve stems)
1/2 teaspoon freshly ground black pepper
3 tablespoons peanut oil, divided
12 ounces lamb steak, trimmed of fat
1 head butter lettuce or package of fresh salad greens
1 small firm, ripe mango, peeled, pitted and diced
1 small avocado, seeded, peeled and diced
4 large green onions, including light green parts, diced

Dressing

1 tablespoon low sodium Thai fish sauce
3 tablespoons freshly squeezed lime juice
1 tablespoon low sodium soy sauce
2 teaspoons fresh red Thai or jalapeno, minced
2 teaspoons brown sugar, packed

In a food processor, combine the garlic, cilantro stems, salt, pepper and 2 tablespoons oil. Spread the paste on both sides of the lamb and marinate for 1/2 hour. Warm *remaining* 1 tablespoon oil in a large heavy skillet, cooking the steak on each side 3 to 4 minutes for medium rare. Remove from pan and let cool.

Cut the lamb into strips. Divide the lettuce leaves or salad greens among 4 plates and arrange the mango, avocado, green onions and strips of lamb on top.

For the dressing, in a small bowl, combine all the ingredients and stir until the sugar is dissolved. Drizzle the salad with the dressing and scatter the reserved cilantro leaves over the top, add salt to taste.

Nutrition per serving: 322 calories, 21 g total fat, 60 mg cholesterol, 553 mg sodium, 16 g carbohydrate, 4 g fiber, 20 g protein