

Lamb Chops with Creamy Vegetable Sauce

INGREDIENTS

- » 1 tsp salt-free herb seasoning blend, divided
- » 1 tbsp flour
- » Nonstick vegetable cooking spray
- » 4, 4-oz lamb chops, 3/4 inch thick
- » 2 tsp vegetable oil, divided
- » 1 cup chopped onion
- » 1 cup sliced carrots
- » 1 cup sliced celery
- » 2 cloves minced garlic
- » 1/2 cup red cooking wine
- » 2 peeled, seeded, and diced tomatoes
- » 1/2 tsp thyme
- » 1 tsp beef bouillon granules
- » 1/2 cup 1% milk
- » 8 oz fettuccini noodles, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	528 cal	Cholesterol	75mg
Protein	32g	Sodium	325mg
Carbohydrate	58g	Calories from Fat	32%
Fat	19g	Fiber	5g
Saturated Fat	7g		

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↪ See reverse for instructions

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INSTRUCTIONS

Mix 1/2 tsp salt-free herb seasoning blend with flour and coat chops. In a large saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil. Cook chops until browned, about 4 minutes on each side. Remove from skillet; set aside. Add remaining 1 tsp vegetable oil, onion, carrots, celery, and garlic. Saute for 2 to 3 minutes. Add cooking wine, diced tomatoes, thyme, beef bouillon granules, and 1/2 tsp salt-free herb seasoning blend. Add chops back to pan. Heat to boiling then reduce to low heat, cover, and simmer for 40 to 45 minutes or until chops are tender. When chops are cooked, remove from pan; set aside. Spoon half the vegetable mixture into a blender with the milk and blend until smooth. Pour back into pan and serve creamy vegetable sauce over lamb chops with hot fettuccini noodles. Serves 4.

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