

Lamb Chop with Creamy Vegetable Sauce

INGREDIENTS

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



Nutritional Content

Per Serving

Calories	552 cal	Cholesterol	75mg
Protein	32g	Sodium	332mg
Carbohydrate	59g	Calories from Fat	34%
Fat	21g	Fiber	5g
Saturated Fat	8g		

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INSTRUCTIONS

Mix pinch of salt-free herb seasoning blend with flour and coat chop. In a saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. Cook chop until browned, about 4 minutes on each side. Remove from skillet; set aside. Add onion, carrots, celery, and garlic. Saute for 2 to 3 minutes. Add cooking wine, diced tomato, thyme, beef bouillon granules, and a pinch of salt-free herb seasoning blend. Add chop back to pan. Heat to boiling then reduce to low heat, cover, and simmer for 35 to 40 minutes or until chop is tender. When chop is 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 chop with hot fettuccini noodles. Serves 1.

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