



## Lemon & Oregano Lamb Chops

### INGREDIENTS

- Freshly grated zest of 2 lemons
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- 1 1/4 teaspoons kosher salt, divided
- Freshly ground pepper to taste
- 8 lamb loin chops (1 1/2-1 3/4 pounds total), trimmed
- 1/4 cup tahini (see Tip)
- 1/4 cup nonfat plain yogurt, preferably Greek-style
- 1/4 cup diced seeded cucumber, peeled if desired
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh parsley
- 1-3 tablespoons water
- 2 teaspoons extra-virgin olive oil

### DIRECTIONS & NOTES

1. Preheat oven to 400°F.
2. Combine lemon zest, oregano, 3/4 teaspoon salt and pepper in a small bowl. Rub the mixture onto both sides of lamb chops and set aside for at least 10 minutes or refrigerate for up to 1 hour.
3. Meanwhile, combine tahini, yogurt, cucumber, lemon juice, garlic, parsley and the remaining 1/2 teaspoon salt in a small bowl. Whisk in enough water to thin the sauce to desired consistency.
4. Heat oil in a large ovenproof nonstick skillet over medium-high heat. Add the lamb chops and cook until browned on one side, about 2 minutes. Turn them over and transfer the pan to the oven. Roast until an instant-read thermometer inserted horizontally into a chop registers 135°F for medium-rare, 8 to 14 minutes, depending on thickness. Serve the chops with the tahini sauce.

**Tip:** Tahini is a thick paste of ground sesame seeds. Look for it in large supermarkets in the Middle Eastern section or near other nut butters.

Total Prep:

45 min

Servings:

4

### Nutrition Report Card

