

media release

Colorado Department of Agriculture
www.colorado.gov/ag

FOR IMMEDIATE RELEASE

April 3, 2012

Contact: Wendy White, (303) 239-4119, Wendy.White@ag.state.co.us

Spring is the Perfect Time for Colorado Lamb

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado lamb is featured in our **Middle Eastern Lamb Sliders** recipe.

Available Now...Lamb

Colorado is well-known around the world for its high quality lamb. Colorado is ranked third in the nation for sheep and lamb production with 370,000 head valued at more than \$60 million. Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron. Look for Colorado lamb at your local grocery store or at restaurants across the state.

Middle Eastern Lamb Sliders

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District

1 lb. Ground Lamb

1-1/2 Cups Bulgur Wheat
1/4 Tsp. Ground Smoked Black Pepper
1/4 Tsp. Cinnamon
1/4 Tsp. Allspice
1 Tbsp. Mint, dried and crushed
1 Tbsp. Fresh Italian Flat Leaf Parsley
1 Small Onion, grated
8 Mini Hawaiian Buns, lightly grilled or toasted
1/2 Cup Plain Hummus
4 Leaves Romaine Lettuce
1/2 Cucumber, sliced thin
2 Roma Tomato, cut into 8 slices
1/2 Cup Goat Cheese Crumbles

Soak bulgur wheat in hot water for 10 minutes, drain well, and squeeze out excess water. In large stainless bowl mix lamb, bulgur wheat and seasonings and knead together. Add grated onion and mix well. Portion into approximately 2.5oz mini burgers, wrap and hold for cooking. Using an outdoor grill, cook the lamb sliders until desired temperature. Layer the toasted Hawaiian buns with hummus, lettuce, 2 tomato slices, 2 cucumber slices, 1 lamb slider and 1 Tbsp. crumbled goat cheese. Serve with marinated Greek olives.

Visit <http://www.coloradoagriculture.com/> for a complete list of recipes.

###