



FarmFresh

Recipes

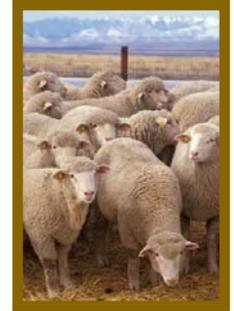
April 2015



Available Now...

Lamb

Colorado is ranked third in the nation for sheep and lamb production with 365,000 head in the state.



Tips & Nutrition

Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron.

Fresh Inspirations...



Grilled Colorado Lamb Chops

Ingredients

- 12 Colorado Lamb Chops
- Marinade Ingredients:
- 4 Cloves Garlic, crushed
- 1/2 Red Onion, diced
- 4 Tbsp. Olive Oil
- 3 Tbsp. Lemon Juice, fresh
- 3 Tbsp. Apple Cider
- Fresh Cracked Pepper to Taste
- Salt to Taste

Directions

In a stainless steel mixing bowl add the marinade ingredients and mix well. Place the lamb chops into a sealable plastic bag, add the marinade and mix well to ensure lamb is covered. Squeeze out any air and seal bag. Place bag onto a cookie sheet and allow to marinate for approximately 2 hours. Remove from the marinade, place onto the cookie sheet and allow to drain of excess oil/liquid. Preheat grill to 500°F. Place the chops on the grill and sear on the first side, then turn the chops over and cook the second side until the desired temperature level is reached. Remove from the grill and allow to rest for 5 minutes. Serve with Colorado Peach Cranberry Chutney.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Dairy**