

Rosemary Lamb Chops



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Ingredients

1 $\frac{1}{2}$ teaspoons chopped fresh rosemary
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
1 garlic clove, minced
24 ounces lamb rib chops, trimmed, about eight 3 ounces chops
2 teaspoons olive oil

Method

1. Combine chopped rosemary, salt, pepper, and minced garlic in a small bowl. Sprinkle herb mixture evenly over lamb; gently rub over lamb.
2. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add lamb; cook 3 minutes on each side or until desired degree of doneness. Remove lamb from pan; let stand 5 minutes.

Notes

6 WW SmartPoints

Prep

- Total Time: 22 Minutes

Source: Cooking Light (Servings: 4 | Yield: 2 lamb chops per serving)