

## **LAMB CHOPS WITH YOGURT-MINT SAUCE**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

4 5 oz bone-in loin lamb chops about 1" thick  
3/4 C plain nonfat yogurt  
1/2 cucumber, peeled/seeded/chopped  
1/4 C mint leaves  
3 scallions, sliced  
1 garlic clove, chopped  
1/4 tsp crushed red pepper flakes, or to taste  
Salt & freshly ground pepper, to taste  
1/2 tsp paprika

### **DIRECTIONS:**

Remove chops from refrigerator about 1 hour before cooking - preheat broiler.

In blender or food processor, combine yogurt, cucumber, mint, scallions & garlic - puree. Season with pepper flakes & salt - let stand at room temperature.

Meanwhile, season lamb with salt & pepper. Broil on broiler rack 3-4" from heat till done to taste (4-5 minutes/side for medium-rare - 6-8 minutes/side for medium or well-done). Serve, topped with sauce & sprinkled lightly with paprika.

Makes 4 servings

(per serving: 232 calories; 11g total fat; 4g saturated fat; 78mg cholesterol; 399mg sodium, 5g total carbohydrates; 1g dietary fiber; 26g protein, 113mg calcium - WW points per serving: 5)