

Barbecued Roast Lamb with Bell Pepper Dill Sauce

Source: The Barbecue Cookbook (Cooking.com)

INGREDIENTS:

1 boneless leg of lamb or 1 beef filet (about 1 lb)

Bell Pepper Dill Sauce:

1 medium red bell pepper, chopped

1/4 C sweet white wine

2 tsp chopped fresh dill

Freshly ground black pepper, to taste

Almond Rice (see recipe)

DIRECTIONS:

Prepare a fire in a kettle-type grill. Cook roast, with indirect heat, according to grill manufacturer's instructions, over a drip tray for 25-30 minutes.

For sauce: microwave bell pepper + 1 TBS wine in microwave-proof dish, covered, on High (100% power) for 6-8 minutes. Process bell pepper + remaining wine in food processor - add dill + black pepper.

When roast is cooked, remove from grill and rest, covered, 5-10 minutes. The meat will retain its juices and *firm up* a little, making it easier to carve. Serve sliced with sauce + Almond Rice Salad.

Serves 2

Nutrition Facts: **Calories:** 321 **Fat:** 10g **Carbohydrates:** 4g **Cholesterol:** 145mg **Sodium:** 141mg
Protein: 47g **Fiber:** 1g **%Cal. from Fat:** 28% **%Cal. from Carbs:** 5%