

TERIYAKI SAUCE (for 2)

Good for most meats - if used, as below, with lamb, nutritional values apply

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: 20 minutes

INGREDIENTS:

1 TBS brown sugar

1 TBS soy sauce

2 tsp catsup

1 tsp lemon juice

1/2 tsp grated gingerroot OR 1/8 tsp ground ginger

1/2 tsp salt

Dash garlic powder

Dash pepper

2 Lamb leg sirloin chops OR 4 lamb rib chops, cut 1" thick (about 12 total oz)

1 TBS snipped parsley (optional)

DIRECTIONS:

SAUCE/MARINADE: in small bowl, stir together sugar, soy sauce, catsup, lemon juice, ginger, salt, garlic powder & pepper - set aside (OR for more flavor, turn into marinade: double ingredients & marinate meat 2-24 hours in refrigerator, then cook meat as directed).

LAMB: Trim fat from meat. To broil: place chops on unheated rack of broiler pan 3" from heat, turning once & brushing with sauce last 2-3 minutes of cooking (8-10 minutes for rare OR 10-12 minutes for medium). To grill: place chops on rack of uncovered grill directly over medium coals, brushing with sauce last 2-3 minutes of cooking (10-14 minutes for rare OR 14-16 minutes for medium). If desired, garnish with parsley before serving.

Serves: 2

[per serving: calories: 192; protein: 22g; carbohydrates: 9g; total fat: 7g; saturated fat: 2g; cholesterol: 69mg; sodium: 765mg; potassium: 331mg]