

Mediterranean Grilled Lamb

from the diabetic recipe collection at InformationAboutDiabetes.com:

Serves: 4

Ingredients:

- 3 1/2 tbsp red onion, minced
- 1 tbsp olive oil, plus 1 teaspoon
- 2 tbsp balsamic vinegar, plus 2 teaspoons
- 2 cloves garlic, minced
- 2 tsp fresh basil, minced
- salt and pepper, to taste
- 4 lamb chops, (each 5 ounces)



Preparation:

Combine all ingredients except lamb chops, then add the lamb chops and marinate in the refrigerator at least 3-5 hours. Grill or broil the lamb chops until done as desired.

NOTES : Prep: 5 min, Marinate: 3:00, Cook: 10 min.

NUTRITIONAL INFORMATION:

Per serving: Calories 277, Fat 14.9g, Cholesterol 101mg, Protein 32.2g, Carbohydrates 1.8g, Fiber 0.2g, Sodium 91mg.

Diabetic Exchanges: 3 Lean Meats.

The recommended wines are: Cabernet Sauvignon, Merlot, or Pinot Noir.

Source: Contributor: The American Diabetes Association's Flavorful Seasons

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