



Middle Eastern Spiced Grilled Lamb Chops

¼ cup of olive oil
1 pound of lamb chops
Salt and pepper to taste
1/2 tsp coriander
1 tsp ground cumin
Juice of 1 lemon
Garnish: fresh mint and parsley, chopped

Rub the lamb chops with the oil and place in a single layer on a sheet pan. Sprinkle with the seasonings on both sides to your taste. Squeeze with lemon juice. Allow to stand while you heat the grill.

Heat a barbecue grill to medium-high. Grill each lamb chop to the desired doneness about 5 minutes on each side.

Serve over cooked Zebra rice and sprinkle with chopped fresh mint and parsley. Add sides of grilled vegetables, hummus, and tzatziki

Grilled vegetables

1 cup cubed red pepper

1 eggplant, cut in ¼ inch slices

1 cup cubed green pepper

1 cup cubed summer squash

Salt and pepper to taste

Pinch of paprika

Pinch of garlic salt

¼ cup olive oil

Place the vegetables in a bowl and toss with seasonings and olive oil. Grill on high until the vegetables are browned and crisp-tender, about 8 minutes. Turn them frequently while grilling so they are not burned. Place in a large pan until ready to serve.