

Mediterranean Lamb Skillet

START TO FINISH 25 minutes

- ½ cup dried orzo
- 8 lamb rib chops, cut 1 inch thick
- Salt and black pepper
- 2 tsp. olive oil
- 3 cloves garlic, minced
- 1 14.5-oz. can diced tomatoes with basil, garlic, and oregano, undrained
- 1 Tbsp. balsamic vinegar
- 2 tsp. snipped fresh rosemary
- ⅓ cup halved, pitted Kalamata olives

1. Cook orzo according to package directions; drain and keep warm. Meanwhile, trim fat from chops. Sprinkle chops with salt and pepper. In a large skillet heat olive oil over medium heat. Add chops; cook for 9 to 11 minutes for medium (160°F), turning once halfway through cooking. Remove chops from skillet.

2. Stir garlic into drippings in skillet. Cook and stir for 1 minute. Stir in tomatoes,

vinegar, and rosemary. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in orzo and olives. Return chops to skillet; heat through.

Makes 4 servings.

PER SERVING 303 cal., 11 g fat (3 g sat. fat), 60 mg chol., 622 mg sodium, 27 g carb., 2 g fiber, 22 g pro.

