



Grilled Lamb Salad

Prep time: 30 minutes

Makes: 4 Servings

Grilled lamb is delightful with any green salad, especially this Asian-inspired version.

Ingredients

3 green onions (sliced)

12 ounces boneless leg of lamb, cut into 1-inch cubes (if cubed lamb is not available at your meat market, ask the butcher to prepare it for you)

bamboo skewers

6 cups shredded Savoy, Napa, or green cabbage

2 carrots (shredded)

2 tablespoons black or white sesame seeds

1 small jicama, julienned (optional)

Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	70 mg
Sodium	360 mg
Total Carbohydrate	20 g
Dietary Fiber	8 g
Total Sugars	9 g
Added Sugars included	6 g
Protein	23 g
Vitamin D	0 mcg
Calcium	100 mg
Iron	3 mg
Potassium	643 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 3/4 cups
 Protein Foods	3 ounces

For the Marinade/Dressing

2 tablespoons sugar

2 tablespoons rice vinegar

3 tablespoons soy sauce, low sodium

1/4 cup water

1 tablespoon vegetable oil

Directions

1. Mix marinade/dressing ingredients; divide evenly.
2. Place lamb cubes in a glass dish; pour half of the marinade/dressing over the lamb.
3. Cover and refrigerate at least two hours.
4. In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds.
5. Remove lamb and discard marinade.
6. Soak bamboo skewers in water for 30 minutes; divide lamb among the 4 skewers.
7. On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness).
8. Remove lamb from skewers, add to salad, and toss.
9. To serve, divide salad evenly on four plates. Drizzle with remaining dressing.

Notes

Serving Suggestions: Serve with nonfat milk and orange

slices/wedges.

Tips on Cooking Lamb: Cooking temperature: 145 °F (medium-rare); 160 °F (medium); 170 °F (well-done)

Source: Produce for Better Health Foundation