

GRILLED LAMB CHOPS WITH GRILLED PEACHES, MINT, AND GOAT CHEESE



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For grilled peaches:

- ★ 2 tablespoons white balsamic vinegar
- ★ ½ teaspoon honey
- ★ ¼ teaspoon fresh thyme leaves
- ★ Olive oil spray
- ★ 2 medium peaches, ripe but firm, quartered (12.5 ounce total weight)

- ★ 2 tablespoons crumbled goat cheese
- ★ 2 tablespoons toasted chopped walnuts
- ★ 12 fresh mint leaves
- ★ ⅛ teaspoon salt
- ★ Freshly ground black pepper

For grilled lamb chops:

- ★ 4 lamb rib chops (about 1 pound)
- ★ Freshly ground black pepper
- ★ Olive oil spray

DIRECTIONS

Heat a grill to medium. In a medium bowl, combine the vinegar, honey, and thyme leaves. Lightly oil the grill and the peaches with the olive oil spray. Add peaches to grill, cut sides down and cook, flipping once, until cut sides have grill marks and peaches are heated through and begin to soften slightly, 5 to 7 minutes. Transfer the peaches to the bowl with the vinegar mixture, stir gently to coat, and set aside.

Clean the grill and increase heat to medium-high. Season the lamb with salt and pepper and lightly oil the grill with olive oil spray. Transfer the lamb chops to the grill and cook, flipping once, until the lamb chops are deep golden brown and fat begins to crisp, about 8 to 10 minutes for medium-rare. Transfer to a plate and let rest for 5 minutes.

Meanwhile, divide peaches among plates and top with goat cheese, walnuts, mint leaves, and pepper. Spoon remaining juices over peaches. Divide lamb chops among the plates and serve immediately.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = 7.5 oz)

250 Calories Per Serving, **12g** Total Fat,
10g Total Carbohydrates, **27g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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