



# #MakeItGAP

## RECIPES

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## ROSEMARY-THYME LAMB CHOPS

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**YIELD:** 4 Servings

**INGREDIENTS:**

8 lamb loin chops (3 ounces each)  
1/2 tsp. pepper  
1/4 tsp. salt  
3 Tbsp. Dijon mustard  
1 Tbsp. minced fresh rosemary  
1 Tbsp. minced fresh thyme  
3 garlic cloves, *minced*

**PREPARATION:**

Sprinkle lamb chops with pepper and salt. In a small bowl, mix mustard, rosemary, thyme and garlic.

Grill chops, covered, on an oiled rack over medium heat for 6 minutes. Turn then spread herb mixture over chops. Grill 6–8 minutes longer or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).

*Recipe adapted from tasteofhome.com*