

Lamb Loin Chops in the Oven



Servings: 2

1/4 cup olive oil, divided

2 lamb loin chops

1 tsp salt

1/4 tsp black pepper

*1 tsp garlic powder — or fresh
minced garlic*

1/2 tsp thyme — optional

Take out the lamb chops from the fridge and let them sit at room temperature for 20 minutes. Preheat oven to 400 F.

Drizzle olive oil on both sides of the lamb chops and season with salt, black pepper (optional), garlic and thyme.

Heat 1 tbsp of olive oil in a large oven safe skillet.

Add the chops and cook for 2-3 minutes per side, until brown.

Transfer to the oven and cook for at least 10 minutes for rare, 15 minutes for medium and 20-22 minutes for well done.

Remove from the oven, let the chops rest in the pan for 5 minutes, then serve.

Per Serving (excluding unknown items): 295 Calories; 25g Fat (78.4% calories from fat); 16g Protein; trace Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 1119mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 4 Fat.