



Grilled Lamb Burgers with Green Onions in Pita

A Nutritious Choice

American Lamb is a flavorful, nutrient-rich food and an excellent source of Vitamin B12, niacin, zinc and selenium. Lamb is an all-natural product, raised without hormones.*

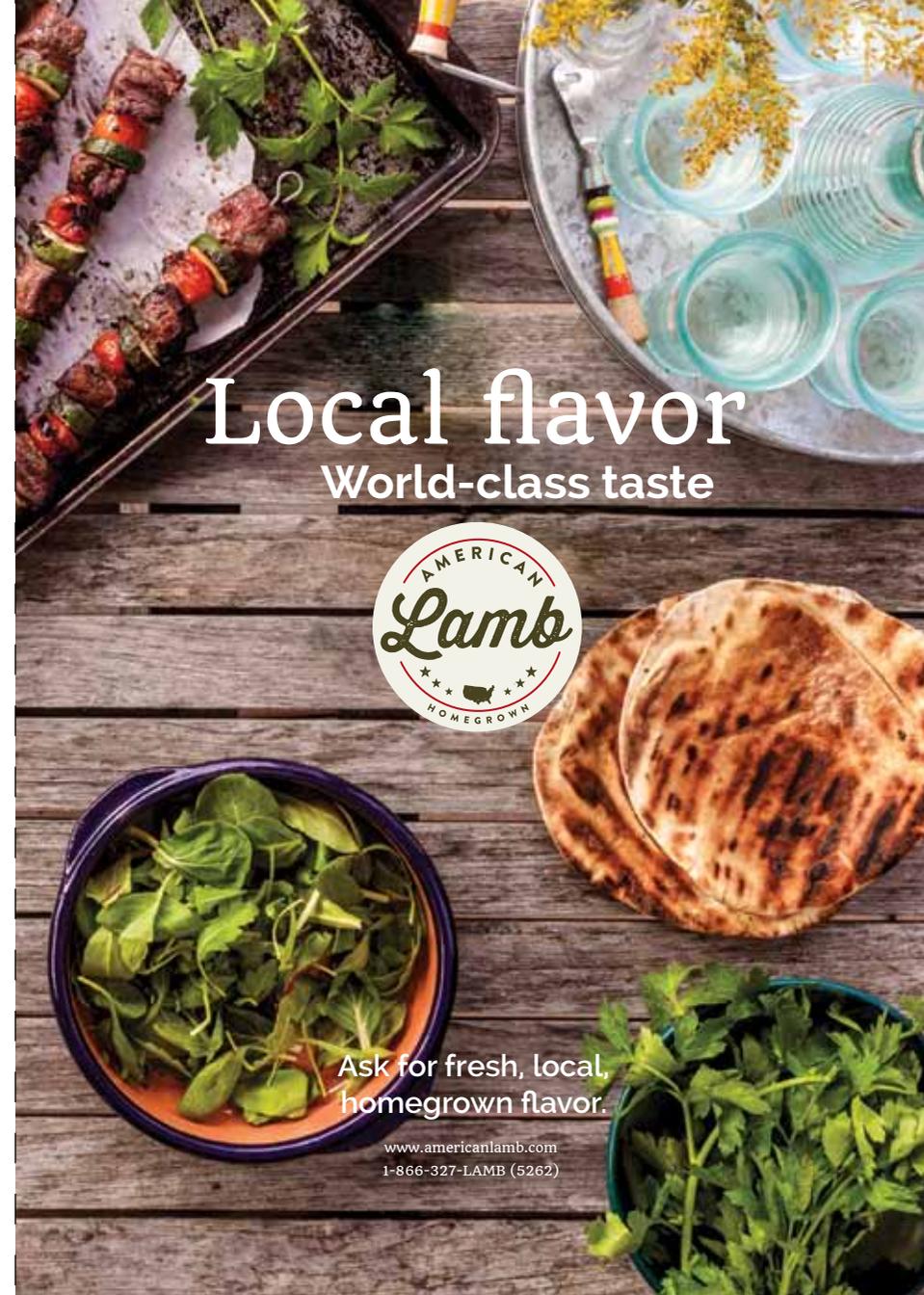
- Forty percent of the fat in lean cuts of lamb is monounsaturated, the same kind of fat found in olive oil.
- A 3-ounce serving of lamb provides nearly five times the essential omega-3 fatty acids and alpha linoleic acid of a 3-ounce serving of beef.
- An average 3-ounce serving of lamb, which has 175 calories and meets nearly half of your daily protein needs, encourages feelings of fullness that may prevent overeating, a combination key to weight management.
- No artificial or synthetic growth hormones are used in lamb production in the U.S. Lean, satisfying, nutritious: American Lamb is nutritious and satisfying.

FDA DEFINITION OF LEAN (PER 100 GRAMS OR 3.5 OUNCES)
< 10g. TOTAL FAT
< 4.5 SATURATED FAT
< 100mg. CHOLESTEROL
AVERAGE VALUE FOR 3oz. COOKED PORTION OF LAMB
8g. TOTAL FAT
3g. SATURATED FAT
< 100mg. CHOLESTEROL
80mg. CHOLESTEROL

Source: USDA National Nutrient Database for Standard Reference

It's a responsible choice you can feel good about.

*Although growth hormones are not used in lamb production in the U.S., they are legal to use.



Local flavor World-class taste



Ask for fresh, local,
homegrown flavor.

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6 - 8 servings

Preparation time: 15 minutes

Cook time: 10 minutes

2	pounds ground certified halal American Lamb		Cucumber yogurt sauce, optional
1/2	cup finely chopped green onions	2	cups finely chopped or shredded cucumber
1	teaspoon cumin	2	cups plain yogurt
1/2	teaspoon cinnamon	1	tablespoon crushed dried mint
2	tablespoons lemon juice	1	clove garlic, finely grated
1 1/2	teaspoons kosher salt	1/2	teaspoon salt
8	medium pita breads, whole wheat or regular, cut into halves	1/4	teaspoon pepper
	Olive oil for brushing		salt to taste

In a large bowl combine the lamb, green onions, cumin, cinnamon, lemon juice and salt.

Preheat grill or a grill pan. Stuff the pita bread halves with the lamb mixture, spreading the filling to the edges.

Brush the pita on each side with olive oil and grill until the filling is cooked through and the pita brown and crispy, about 5 - 7 minutes per side. Let cool 5 minutes before serving with cucumber yogurt sauce, if desired.

Cucumber yogurt sauce:

Drain the cucumber of any liquid and combine with the yogurt, mint, garlic, salt and zpepper. Serve chilled.



Lamb and Pomegranate Stew with Walnuts

Lamb and Pomegranate Stew with Walnuts

8 servings

Preparation time: 15 minutes

Cook time: 1 hour and 20 minutes

1 1/2	cups walnuts
1 - 2	tablespoons olive oil
2	onions, finely diced
2	pounds boneless certified halal American Lamb shoulder, stew or leg
1/2	cup pomegranate molasses*
1	can (14.5 ounces) beef or chicken broth
	salt to taste
	Toasted walnuts, pomegranate seeds or chopped parsley, optional

*Pomegranate molasses is available in Middle Eastern and gourmet specialty shops.

To make pomegranate molasses, combine in a saucepan:
2 cups pomegranate juice
1/4 cup sugar
1 tablespoon of lemon juice
Simmer gently until the mixture has reduced to 1/2 cup.

Finely chop the walnuts either in a food processor or with a knife. Set aside.

In a large casserole or Dutch oven heat one tablespoon of oil over medium heat. When the oil is hot, add half the lamb and cook until browned. Transfer the meat to a bowl then repeat and brown the remaining lamb, adding more oil if necessary. Transfer the browned lamb to a bowl.

Add the onions to the casserole and cook over medium heat until softened, scraping up any brown bits with a wooden spoon, about 5 minutes. Add the walnuts and cook until the nuts begin to toast and become fragrant. Add the lamb back to the casserole along with the pomegranate molasses and broth; bring to a boil then reduce the heat. Cover and simmer on low for one hour, stirring every 20- 30 minutes.

Remove the lid and cook over medium high heat reducing the liquid for about 5 - 10 minutes or until sauce has thickened. Add salt to taste and garnish with toasted walnuts, pomegranate seeds or parsley. Serve with rice.