

# Lamb Loin Chops with Greek Salad and Yogurt-Lemon Sauce

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lamb-loin-chops-recipe>

## Ingredients:

- 4 tablespoons olive oil divided
- 2 tablespoons juice fresh, from about 1 lemon, divided
- 2 tomatoes large, stems and seeds removed, chopped
- 1 cucumber peeled, quartered lengthwise, and chopped into 1/4-inch pieces
- 1/2 medium red onion thinly sliced
- 1 cup Kalamata olives pits removed, cut in half
- 1/2 teaspoon dried oregano
- 1/4 cup plain Greek yogurt
- 2 ounces feta cheese crumbled
- kosher salt
- freshly ground black pepper
- 4 lamb loin chops 4 to 6 ounces each

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 90 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 13 grams
8. Sodium: 730 milligrams
9. Sugar: 6 grams

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