

Grilled Blade Chops over Greek Salad

Yield: 2 min
Total Time: 45 min

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

Ingredients:

- 1 tomato large, ripe
- 1 hothouse cucumber peeled
- 1 tablespoon capers rinsed if salt packed
- 1/2 red onion
- 1 green pepper or red. or yellow.
- 1/2 cup feta
- 1 pinch dried oregano
- 4 grape leaves stuffed
- 1 dash kosher salt
- 1 dash ground black pepper finely
- 1 extra virgin olive oil
- 1 red wine vinegar
- 1/2 cup Kalamata olives
- 2 lamb blade chops
- 1 dash dried oregano
- 1 dash ground coriander
- 1 dash kosher salt
- 1 dash coarsely ground black pepper . more like sand than like powder.

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 35 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams

8. Sodium: 1150 milligrams

9. Sugar: 9 grams

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