

# Skillet Lamb Chops

Yield: 2 min  
Total Time: 45 min

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

## Ingredients:

- 16 ounces lamb shoulder blade chop
- 2 tablespoons vegetable oil
- 1/2 cup warm water
- 1 teaspoon lemon juice
- 1 teaspoon dried minced onion
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 1 grams
3. Fat: 14 grams
4. SaturatedFat: 1 grams
5. Sodium: 300 milligrams

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