

Lamb Chops with Spinach Tomato Couscous

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-and-israeli-couscous-recipe>

Ingredients:

- 3 lamb racks, frenched and cut into 1 1/2 thick chops
- olive oil for brushing the grill and drizziling tomatoes
- 1 cup couscous prepared according to packet instructions
- 1/2 pound cherry tomatoes ripe heirloom, halved
- 4 tablespoons extra-virgin olive oil divided
- 3 garlic cloves diced
- 5 cups spinach leaves
- 1/4 cup crumbled goat cheese

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 15 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 6 grams
8. Sodium: 85 milligrams
9. Sugar: 2 grams

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