

## Healthy Recipes for Your Heart

## Grilled Lamb with Olive Tapenade and Chick Pea Puree -

Chef Holly Smith of Cafe Juanita Makes 4 servings

- 1-1/2 cups (3/4 of a 15.5-ounce can) organic chickpeas (garbanzo beans), rinsed and drained
- 1 to 2 tablespoons water
- 1 clove garlic, chopped
- 1 tablespoon extra virgin olive oil
- Juice of 1 lemon (to taste)
- 1/8 teaspoon salt
- Pinch cayenne pepper
- 1/4 cup pitted and chopped Nicoise, Kalamata or Taggiascheora (or combination of the three) olives
- 1 to 2 cloves garlic, chopped
- 2 pickled red cherry peppers, chopped
- 1 teaspoon chopped fresh marjoram (1/4 teaspoon dried can be substituted)
- 1 teaspoon chopped fresh thyme (1/4 teaspoon dried can be substituted)
- 1 teaspoon lemon zest
- 1/8 teaspoon salt and fresh ground black pepper
- 1 large head radicchio
- Olive or vegetable oil spray
- 2 cups arugula
- 1 tablespoon extra virgin olive oil
- 1 to 2 tablespoons balsamic or sherry vinegar
- 8 loin lamb chops, 2 ounces each, choice 1/4" trim
- 1/8 teaspoon salt and pepper



<b>Nutrition Facts:</b>	Amount Per Serving
Calories	324
Total Fat	16.45 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.17 g
Monounsaturated Fa	at 9.81 g
Cholesterol	56.13 mg
Sodium	545.58 mg
Carbohydrates	20.70 g
Dietary Fiber	5.08 g
Total Sugars	4.31 g
Protein	23.74 g

For the chick pea puree, put chick peas, water and garlic in bowl of food processor fitted with a steel blade; process until smooth, about 2 minutes, scraping down sides as needed. With motor running, add olive oil, scraping down sides as needed. Add lemon juice, salt and cayenne pepper. Puree should be very smooth. Set aside or cover and refrigerate (puree can be refrigerated four days). Remove from refrigerator and allow to sit at room temperature for 30 minutes before using. Once puree has rested, taste again and season with salt and pepper, as needed.

For the olive tapenade, stir together olives, garlic, red cherry peppers, marjoram, thyme and lemon zest; season with salt and pepper.

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For the radicchio and lamb, remove outer leaves from radicchio; cut head into quarters. Brush radicchio quarters with olive oil and grill over medium high heat on an outdoor grill or on a raised-grid grill pan until browned and lightly wilted, turning and grilling on all sides, about 5-6 minutes.

Remove and allow to cool, then tear leaves into pieces and put in a bowl, along with arugula. Drizzle in olive oil and vinegar and toss to coat leaves.

Season lamb with salt and pepper; cook lamb over medium high heat on an outdoor grill or on a raised-grid grill pan, turning once during cooking, until lamb is browned and medium rare, approximately 8 minutes. Let lamb rest off heat before serving.

To assemble and serve, divide chick pea puree among four plates; mound radicchio salad over puree and top with two grilled lamb chops; garnish with olive tapenade.