

Leg of Lamb with Rosemary and Garlic

1 3 lb boneless leg of lamb, trimmed of fat
2 Tbsp fresh rosemary
1 Tbsp Dijon mustard
5 cloves garlic, minced
1 Tbsp olive oil
2 tsp fresh ground pepper
1 tsp sea salt

In a food processor or blender, combine rosemary, mustard, garlic, olive oil, pepper and salt. Apply to lamb, cover and marinate in the refrigerator for 30 minutes at room temperature.

Preheat oven to 450°F. Put lamb in oven safe dish and place in oven on the middle rack. Roast lamb for about 1 hr or until center of meat registers 145°F for medium rare. Remove from oven and let sit for 10 minutes before carving.

Serves 6-8.

Calories 230 Fat 8g Sat Fat 3g Carbohydrate 1g Dietary Fiber 0g Protein 36g Sodium 360mg