

Rosemary Grilled Lamb Chops

Yield: 4 servings (serving size: 1 chop)

Ingredients

- 1 tablespoon chopped fresh rosemary
- 1 teaspoon olive oil
- 1/2 teaspoon kosher salt, divided
- 1 garlic clove, minced
- 4 (4-ounce) lamb loin chops, trimmed
- 1/8 teaspoon freshly ground black pepper
- Cooking spray

Preparation

Combine rosemary, oil, 1/4 teaspoon salt, and garlic; rub mixture evenly over both sides of lamb. Cover and marinate in refrigerator for at least 2 hours or overnight.

Prepare grill.

Sprinkle both sides of lamb with remaining 1/4 teaspoon salt and pepper. Place lamb on a grill rack coated with cooking spray; grill 3 minutes on each side. Remove from grill, cover, and let stand 3 minutes. Lamb will continue to cook while it rests.

