

Greek Marinated Leg of Lamb

Cookbook author and great cook Rose Murray prepared this easy-to-make recipe as part of a Greek dinner at our cottage in the Gatineau hills of Quebec. Everyone loved it.

Serve with tzatziki or Herbed Yogurt-Cheese (page 22).

2	boneless legs of lamb (2 lb/1 kg each) or 1 large	2
2	large cloves garlic, minced	2
1 tbsp	dried leaf oregano	15 mL
	Grated rind of 1 medium lemon	
1/3 cup	fresh lemon juice	75 mL
2 tbsp	extra-virgin olive oil	25 mL
1 tsp	pepper	5 mL

- 1 Remove all fat from lamb; if not butterflied, cut horizontally and open like a book to lie flat. Place in shallow container just large enough to hold lamb in single layer.
- 2 Sprinkle with garlic, oregano, lemon rind and juice, oil and pepper; cover and refrigerate for 6 hours or for up to 24 hours.
- 3 Remove from refrigerator 30 minutes before cooking. Remove lamb from marinade. Place on lightly greased grill over high heat or under broiler; cook, brushing occasionally with marinade, for 10 minutes on each side for medium-rare. Let stand for 5 to 10 minutes before carving. *Makes 10 servings.*

Make ahead: Through step 2 for up to 1 day.

Greek Dinner

- Spicy Hummus (page 12) with Cрудités or Pita Bread
- Greek Marinated Leg of Lamb (this page) with tzatziki
or Herbed Yogurt-Cheese (page 22)
- Herb-Roasted Potatoes and Onions (page 146)
- Grilled Sweet Peppers, Zucchini and Baby Eggplant (page 156)
- Greek Salad (page 43)
- Fresh Fruit Salad and Greek Pastries

Top Foods for Iron

- red meat
- poultry
- fish: lake trout, clams, oysters
- ready-to-eat breakfast cereals
- enriched pasta (not all products are enriched)
- legumes (dried beans, peas and lentils), nuts, seeds and whole grains.

Per serving:	
calories	216
protein	31 g
total fat	9 g
saturated fat	4 g
cholesterol	112 mg
carbohydrate	1 g
sodium	51 mg
R.D.I. Vit E 4%, C 2%, Ca 1% (11 mg), Iron 19%, Zinc 51%.	

Canada's Food Guide Serving:

1 1/2