ROSEMARY-THYME LAMB CHOPS

YIELD: 4 Servings

INGREDIENTS:
8 lamb loin chops (3 ounces each)
1/2 tsp. pepper
1/4 tsp. salt
3 Tbsp. Dijon mustard
1 Tbsp. minced fresh rosemary
1 Tbsp. minced fresh thyme
3 garlic cloves, minced

PREPARATION:
Sprinkle lamb chops with pepper and salt. In a small bowl, mix mustard, rosemary, thyme and garlic.

Grill chops, covered, on an oiled rack over medium heat for 6 minutes. Turn then spread herb mixture over chops. Grill 6-8 minutes longer or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).

Recipe adapted from tasteofhome.com