

Mediterranean Grilled Lamb Chops

Ingredients:

1 lemon, zest and juice
¼ cup olive oil
2-3 garlic cloves, minced
1 tablespoon chopped fresh oregano (or 2 teaspoons dried oregano)
½ teaspoon freshly ground black pepper
1 rack of frenched lamb chops
salt

Directions:

Combine all the ingredients other than the lamb and salt in a small bowl and stir them together for the marinade. Slice the lamb between the bones to create individual chops. Place the lamb in a resealable plastic bag, add the marinade to coat each chop. Marinate in the refrigerator for at least one hour.

About 30 minutes prior to grilling, remove the chops from the marinade (discard marinade) and allow chops to rest at room temperature for half an hour. Just prior to grilling, season the chops on both sides with salt.

Grill the lamb chops over direct, medium-high heat until they are done, turning them over halfway through the cooking time. For medium-rare chops, cook for about 3 minutes (rotate each chop halfway through the cooking time to create grill marks), then turn the chops over and cook for another 3 minutes. Grilling time will vary depending on the size of the chops and the heat of your grill.