



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Rosemary Pan Seared Lamb Chops with Garlic-Dill Sweet Potato Wedges, Green Salad and Steamed Asparagus

Rosemary Pan Seared Lamb Chops

Recipe from eatnourishing.com

Ingredients:

8 lamb chops (preferably grass-fed)
1 tablespoon fresh rosemary, finely chopped
2 cloves of garlic, minced

½ teaspoon sea salt
1 tablespoon of butter
1 tablespoon of olive oil

Instructions:

- Rub chopped rosemary and garlic into both sides of the chops. Sprinkle with salt and allow chops to sit out and come to room temperature.
- Heat olive oil and butter in a skillet on high heat. Place chops in pan and sear on both sides for about 3 minutes each side. The fat left on the chops will render some and provide brown-crispiness on each side.
- Once seared on both sides, remove from the pan and let rest for at least 5 minutes before serving.

Garlic Dill Sweet Potato Wedges

Recipe from paleoomeg.com

Ingredients:

3 sweet potatoes
¼ cup duck fat, melted (or olive oil or coconut oil)
¼ teaspoon garlic powder
¼ teaspoon sea salt
1/8 teaspoon paprika
3-4 tablespoons fresh dill, minced (or 3-4 teaspoons dried dill)

Instructions:

- Cut sweet potatoes in half lengthwise, then cut each half into 4-5 wedges.
- Place wedges in a bowl, cover with water and add ice, about 2 cups worth. Let wedges sit in ice for 30 minutes.
- Preheat oven to 450 degrees.
- Remove wedges from water and pat dry.
- Place wedges back into a large, dry bowl. Add melted fat, garlic powder, sea salt and paprika. Toss wedges to coat.

- Place wedges on a cooling rack on top of a baking sheet to help cook on both sides (if you don't have a cooling rack, just cook on parchment paper lined baking sheet and flip half way through cooking).
- Bake wedges for 30-35 minutes until cooked through and browned.
- After cooked, let cool for 5 minutes then toss wedges in the bowl with fresh dill. I used the same bowl that I had first tossed the wedges in with oil, the oil helps coat the wedges a little more and keep the dill sticking to the wedges.

Steam asparagus till just tender (it should be a bright green color), drizzle with melted butter and add a squeeze of fresh lemon.

Prepare a green salad with a diversity of vegetables and a great homemade salad dressing (ask for our approved salad dressing recipes).

Enjoy!