

GRILLED VEAL CHOPS WITH CILANTRO-MINT CHIMICHURRI

Total Recipe Time: 35 to 40 minutes

Marinade Time: 15 minutes to 2 hours

Ingredients:

4 8 oz. Veal loin or rib chops (cut 1 inch thick)

Marinade:

1 cup Low-fat plain yogurt
3 tbsp. Fresh lemon juice
3 cloves Garlic (minced)
½ tsp. Ground coriander
¼ tsp. Ground nutmeg
¼ tsp. Ground red pepper

Sauce:

½ cup Packed fresh cilantro
½ cup Packed fresh mint
½ cup Packed fresh parsley
½ cup Chopped green onions
¼ cup Olive oil
2 tbsp. Fresh lemon juice
1 clove Garlic, minced
½ tsp. Salt
¼ tsp. Ground red pepper

Instructions:

1. Combine Marinade ingredients in small bowl. Place veal chops and marinade in food-safe plastic bag; turn chops to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Place Sauce ingredients in food processor container. Cover; pulse until almost smooth. Set aside.
3. Remove chops from marinade; discard marinade. Place chops on grid over medium, ash-covered coals. Grill, uncovered, 15 to 17 minutes to medium (160°F) doneness, turning occasionally. Serve chops with sauce.