

Yogurt Marinated Lamb FIT

FUNCTIONAL FOODS

Serving size: ½ cup, ~ 3 oz **Makes 12 servings**

- 2 ½ lbs. Lamb Leg, boneless
- 1 ½ cup Greek Yogurt, plain
- 1 TBSP Garam Masala (Cumin, Coriander Seeds, Peppercorn, Cardamom, Cloves, Cinnamon, Nutmeg)
- 2 TBSP Ginger, fresh, minced
- 2 TBSP Garlic cloves, minced
- 1 tsp Turmeric
- 1 TBSP Chili Powder
- 1 TBSP Salt
- ½ tsp Nutmeg
- ½ tsp Cloves, ground
- ½ tsp Cardamom
- 6-8 Bay Leaves
- ¼ tsp Black Pepper, ground

Preparation:

1. Trim visible fat from lamb, cut into 1.5" pieces.
2. Combine all ingredients into a large bowl, mix well. Add lamb, set in fridge and let marinate for 6-7 hours, or overnight.
3. Remove lamb, discard excess marinade.
4. Preheat the oven to 325°F. Place the marinated lamb in a covered baking dish or wrap it tightly in foil to help retain moisture. Bake for 25–30 minutes, or until the lamb is tender and reaches an internal temperature of 165°F.



NUTRITION FACTS PER SERVING

calories	140
total fat (g)	5
saturated fat (g)	2
sodium (mg)	480
total carbohydrate (g)	4
dietary fiber (g)	1
added sugar (g)	0
protein (g)	20

RD Tip:

Yogurt-marinated lamb is rich and flavorful, so pair it with a whole grain like farro or brown rice and plenty of colorful vegetables to add fiber and balance. Including a fresh or lightly pickled vegetable and herbs helps brighten the dish and support digestion. A yogurt-based sauce or drizzle of olive oil adds healthy fats while keeping the meal satisfying and well-rounded.



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