Herbed lamb chops

 with roasted vegetables

Ingredients

2 bell peppers, any color

1 large sweet potato, peeled and cut into large pieces

2 zucchini, large dice

1 red onion, large dice

1 T Oregano, chopped

2 T Mint leaves, chopped

1.5-2 lb lamb cutlets

Procedure

1. Preheat oven to 400F
2. Toss vegetables together with peanut oil, salt and a generous portion of pepper; roast for 25 minutes
3. While the vegetables are cooking, trim the fat off the lamb
4. Mix the herbs with some black pepper and pat all over the lamb
5. After 15 minutes, take the vegetables out of the oven, turn over and push to one side; place the lamb cutlets on the hot tray and bake until the lamb reaches an internal temperature of 140F
6. Serve lamb with the vegetables spread out among all the portions