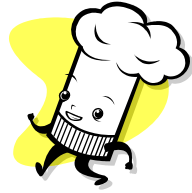


Lamb Chops with Pineapple

This tasty dish packs a mouthful of flavor with the perfect balance of sweet and zesty! Enjoy with roasted red potatoes and fresh steamed asparagus.



Ingredients:

- 1 can (13 ¼ ounces) pineapple chunks, drained (reserve syrup)
- ½ cup soy sauce
- ¼ cup vinegar
- ½ teaspoon dry mustard
- 4 lamb loin chops, about ½ inch thick
- ¼ cup packed brown sugar
- 1 teaspoon cornstarch

Directions:

Mix reserved pineapple syrup, the soy sauce, vinegar and mustard; pour on lamb chops in shallow glass dish. Cover and refrigerate, turning occasionally, at least 4 hours.

Drain lamb, reserving marinade. Cook lamb over medium-low heat until brown. Add ¼ cup reserved marinade. Cover and cook over low heat until lamb is tender, 30 to 45 minutes.

Mix brown sugar and cornstarch in saucepan; stir in remaining reserved marinade. Heat to boiling; reduce heat. Simmer uncovered 5 minutes. Add pineapple; heat through. Top lamb with pineapple glaze.

4 Servings

