

## Budget-Friendly Cuts Of American Lamb

### Smart Savings With Succulent Flavor

(NAPS)—Now more than ever, savvy shoppers are stretching their dollars with money-saving strategies such as choosing multi-purpose cuts of meat. American lamb has more meat on the bone than imported lamb, making it easy to plan budget-friendly meals with these tips for making the most from your meat:

#### Leg Up On The Workweek

“Buying a whole leg of American lamb gives you enough for a family dinner and plenty of leftovers throughout the week,” says renowned chef and fan of lamb Tim Love. “Lamb is loaded with vitamins and minerals like protein, zinc and iron, which will give kids the fuel they need to keep going at full speed.”

A few easy ideas for using leg of lamb include:

- **Tasty Budget Cuts**—The leg is a versatile cut that includes affordable and easy-to-cook cuts such as sirloin chops for the grill, shanks for slow-cooking and roasts for the oven.

- **Foolproof Freezer Food**—Before you cook a leg, ask your butcher to trim off the top round, which you can cube and save to make kebabs.

- **No-fuss Leftovers**—Roasting a whole leg is a show-stopping presentation without a lot of work. Use leftovers to make dishes such as:

- **Mediterranean Pita Pocket**—Add sliced leftover lamb meat, tomatoes and tzatziki sauce (a yogurt-based sauce available in the dairy section) in a whole wheat pita.

- **American Lamb Wrap**—Spread a whole wheat tortilla with hummus. Add leftover lamb meat, provolone cheese, spinach



**American lamb and arugula salad is easy to make and both healthful and delightful to eat.**

leaves, wrap and enjoy.

- **American Lamb and Arugula Salad**—Make a simple salad dressing by whisking together raspberry vinegar, olive oil, Dijon mustard and chopped basil and thyme. Toss with arugula and top with lamb meat for a light and healthy entrée salad.

Savvy shoppers can also try inexpensive and versatile cuts such as the American lamb loin chop, blade chop and Denver ribs. For more recipe ideas, visit [americanlamb.com](http://americanlamb.com) and become a fan of lamb.

*The American Lamb Board is an industry-funded research and promotions commodity board that represents all sectors of the American lamb industry, including producers, feeders, seed stock producers and processors. The board, appointed by the Secretary of Agriculture, is focused on increasing demand by promoting the freshness, flavor, nutritional benefits and culinary versatility of American lamb. The work of the American Lamb Board is overseen by the U.S. Department of Agriculture and the board's programs are supported and implemented by the staff in Denver, Colo. For more information about the American Lamb Board, visit [americanlamb.com](http://americanlamb.com).*

#### Food Ideas

Savvy shoppers are stretching their dollars with American lamb. For recipes visit the American Lamb Board, a research and promotions organization appointed by the Secretary of Agriculture, at [americanlamb.com](http://americanlamb.com).

Savvy shoppers are stretching their dollars with money saving strategies. /// Budget-Friendly Cuts Of American Lamb

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