



## Reduced Carb Casbah Lamb Salad

Serves 1

### Ingredients:

- 1/4 cup Red Wine Vinaigrette
- 2 tsp. Chopped Mint
- 1 Tbsp. Feta Cheese Crumbles
- 4 oz. Chopped Red & Green Cabbage
- 2 cups Chopped Romaine Lettuce
- 4 oz. Sumac Rubbed Lamb Strips (see Related Recipe)
- 1/4 cup Grape Tomatoes , halved
- 1/4 cup Sliced Hothouse Cucumber
- 1/4 oz. Red Onion , thinly sliced
- 1/4 oz. Yellow Bell Pepper
- 1 Mission® 10" Reduced Carb Whole Wheat Tortilla (10734) , cut into strips and fried

### Directions:

1. Whisk vinaigrette, mint and cheese in a large mixing bowl. Toss cabbage and romaine in the vinaigrette. Place on serving plate and top with remaining ingredients. Serve.

---

## Sumac Rubbed Lamb

Serves 1

### Ingredients:

- 1/4 tsp. Sumac\*
- 1/2 tsp. Oregano
- 1/6 tsp. Ground Cumin
- 1/6 tsp. Kosher Salt
- 1/8 tsp. Black Pepper
- 4 oz. Lamb Shoulder Roast

### Directions:

1. In a small bowl, mix all spices to make rub. Rub over lamb and slice into 2" steaks. Pound out slightly. Place on a grill and grill for 5 minutes each side. Remove allow to rest for 5 minutes, then slice into strips.

\* Sumac is a Middle Eastern seasoning made of crushed berries.