



### BBQ SHRIMP TOASTS

Pair these flavorful open-faced sandwiches with the *Haricots Verts with Cherry Tomatoes and Mushrooms* on page 36 for a colorful and complete plate.

Cooking spray

- 1 pound peeled and deveined medium shrimp
- 3 tablespoons prepared spicy vinegar barbecue sauce
- 4 teaspoon kosher salt
- 8 (3/4-ounce) slices whole-wheat French bread
- 2 tablespoons olive oil, divided
- 1 garlic clove, halved lengthwise
- 1 cup arugula
- 1/4 teaspoon freshly ground black pepper

1. Preheat broiler to high.
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add shrimp to pan; cook 4 minutes or until done, stirring occasionally. Stir in barbecue sauce; cook 30 seconds. Sprinkle shrimp mixture evenly with salt.
3. Brush bread slices evenly with 1 1/2 tablespoons oil. Broil 1 minute on each side or until toasted. Rub toast slices with cut sides of garlic.
4. Toss arugula with remaining 1 1/2 teaspoons oil. Top toast slices evenly with arugula and shrimp. Sprinkle evenly with pepper.

**SERVES 4** (serving size: 2 topped toast slices)  
**CALORIES** 248; **FAT** 8.7g (sat 1.2g, mono 5g, poly 2.3g); **PROTEIN** 18g; **CARB** 23g; **FIBER** 0g; **SUGARS** 7g (est. added sugars 7g); **CHOL** 144mg; **IRON** 0mg; **SODIUM** 605mg; **CALC** 73mg

## 5-INGREDIENT DISHES

### orange-balsamic lamb chops

A simple citrus marinade plus a quick sear yields significantly more flavor than you might think. Of course, a finishing balsamic drizzle is always welcome.

- 4 teaspoons olive oil, divided
- 2 teaspoons grated orange rind
- 1 tablespoon fresh orange juice
- 8 (4-ounce) lamb rib chops, trimmed
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Cooking spray

- 3 tablespoons balsamic vinegar

1. Combine 1 tablespoon olive oil, rind, and juice in a large zip-top plastic bag. Add lamb to bag; turn to coat well. Let stand at room temperature for 10 minutes. Remove lamb from bag; sprinkle evenly with salt and pepper.
2. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add lamb to pan; cook 2 minutes on each side or until desired degree of doneness.
3. Place vinegar in a small skillet over

DINNER TONIGHT  
**SUPERFAST!**



**20 MINUTES**

medium-high heat; bring to a boil. Cook 3 minutes or until vinegar is syrupy. Drizzle vinegar and remaining 1 teaspoon oil over lamb.

**SERVES 4** (serving size: 2 lamb chops)

**CALORIES** 226; **FAT** 12.1g (sat 4.6g, mono 5.4g, poly 0.6g); **PROTEIN** 25g; **CARB** 2g; **FIBER** 0g; **SUGARS** 2g (est. added sugars 1g); **CHOL** 81mg; **IRON** 2mg; **SODIUM** 582mg; **CALC** 17mg

