

Rack of Lamb

45 minutes

Supplies

aluminum foil

baking pan

Ingredients

1 lamb rib frenched rack

1 tablespoon low sodium
Worcestershire sauce

1 tablespoon pure lemon juice (not
from concentrate)

1 tablespoon olive oil

1/2 tablespoon liquid smoke

12 sage leaves

6 basil leaves

Directions

Preheat your oven to 400 degrees F.

Cut a piece of aluminum foil long enough to completely wrap the lamb. Place the rack of lamb on the aluminum foil and place it in the baking pan.

In a small bowl combine the low sodium Worcestershire sauce, lemon juice, olive oil and liquid smoke. Then pour it over the lamb and rub it in.

On top of the lamb place the sage and basil leaves. Then place the oregano sprigs on top.

Wrap the aluminum foil around the lamb to completely cover it and allow it to cook in the oven for 45 minutes for well done.