

# Mediterranean Lamb Salad

From – [www.eatingwell.com](http://www.eatingwell.com)

1 lb boneless leg of lamb steaks, 1-1 ½” thick  
1 ½ tsp kosher salt, divided  
freshly ground pepper, to taste  
2 medium cucumbers, halved, seeded and diced  
2 large tomatoes, diced  
1 ½ cups cooked chickpeas  
½ cup minced red onion  
¼ cup crumbled feta cheese  
¼ cup sliced fresh mint leaves  
¼ cup lemon juice  
1 tsp extra-virgin olive oil

- Preheat grill to high. Sprinkle lamb with ½ tsp salt and pepper.
- Grill the lamb for 2 to 4 minutes per side for medium, depending on the thickness of the steaks. Transfer to a cutting board and let rest for at least 5 minutes before thinly slicing across the grain.
- Meanwhile, place cucumbers, tomatoes, chickpeas, onion, feta cheese and mint in a large bowl. Add lemon juice, oil, the remaining 1 tsp salt and more pepper to taste; stir to combine. Serve topped with the sliced lamb.



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