

Lamb Steaks with Warm White Bean Salad

Serves 4

Retailers such as Trader Joe's are starting to carry leg of lamb steaks. If your supermarket doesn't, ask the butcher to slice leg of lamb into 1-inch steaks. The white beans can be made a day ahead and served cold or warm. Serve with sliced heirloom tomatoes with salt and olive oil.

The lamb

1 to 1½ pounds leg of lamb steaks, 1-inch thick

Kosher salt, to taste

Freshly ground black pepper, to taste

3 teaspoons finely minced garlic

1 cup red wine

The white bean salad

3 tablespoons extra virgin olive oil

2 tablespoons minced shallots or sweet onion

¼ cup finely minced orange and red bell peppers

2 (15-ounce) cans white beans, such as cannellini or Northern beans, rinsed and drained (about 3 cups)

1 tablespoon red wine vinegar

For the lamb: Preheat the oven to broil, or a grill to medium-high heat. You can also use a grill pan.

If the lamb has a bone, make 2 shallow cuts in the meat surrounding the bone so that it doesn't curl up during cooking.

Place the lamb in a shallow dish and season both sides with salt and pepper. Toss with all but ½ teaspoon of the garlic and drizzle with the red wine. Set aside and marinate at least 15 minutes, while you prepare the bean salad, and up to 1 hour, tossing occasionally.

For the white bean salad: Heat 1 tablespoon of the olive oil in a skillet over medium heat. Add the reserved garlic and the shallots and heat through until the garlic is fragrant, 30 seconds to 1 minute. Add the peppers and beans and

stir to coat, cooking and stirring until the flavors are infused, about 3 minutes.

Remove from the heat and add the remaining olive oil and the vinegar plus salt and pepper to taste. Set aside.

To cook the lamb: If broiling, place steaks in one layer on a foil-lined sheet and cook 2-4 minutes per side. If using grill or grill pan, lightly grease the grill grate or grill pan then cook for 3-5 minutes per side.

Tent the meat with foil and let rest 10 minutes.

Serve immediately, sliced if you like, with the beans.

Per serving: 385 calories, 30 g protein, 25 g carbohydrate, 17 g fat (4 g saturated), 73 cholesterol, 394 mg sodium, 7 g fiber.