

# Leg of Lamb - with Herbdacious

Herbdacious: <https://tastingspoons.com/archives/16387>

Vivian Howard, *This Will Make It Taste Good*



## Servings: 4

1. The day before, whisk together yogurt and herbdacious. Rub lamb with Salt & Pepper, then the herb yogurt mixture. Place in plastic bag and marinate up to 12 hours.
2. Remove lamb from frig an hour before cooking. Preheat oven to 350°F.
3. Place lamb, fat cap up, on baking sheet fitted with a wire rack.
4. Roast on middle rack for 1 hour to an hour and 15 minutes, or until internal temp is 130°F. Remove from oven and let rest for 10 minutes, loosely covered with foil. Slice and serve with additional Herbdacious on the side.



**1/8 cup Greek yogurt, full fat, [or nonfat]**

**1/8 cup Herbdacious**

**1 3/4 pounds leg of lamb, boneless**

**3/8 teaspoon kosher salt**

**1/4 teaspoon freshly ground black pepper**

*Per Serving (excluding unknown items): 446 Calories; 39g*

*Fat (69.3% calories from fat); 38g Protein; 1g*

*Carbohydrate; trace Dietary Fiber; 138mg Cholesterol;*

*411mg Sodium; 1g Total Sugars; trace Vitamin D; 40mg*

*Calcium; 3mg Iron; 521mg Potassium; 361mg*

*Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](https://tastingspoons.com)**