



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

GREEK STYLE LAMB CUTLETS WITH BRAISED WHITE BEANS

Ingredients

1Tbsp. olive oil	12 4-oz. French trimmed lamb cutlets
1 onion	1 oz. rosemary, chopped
2 garlic cloves	1 oz. fresh oregano, chopped
2 cans cannellini beans	2 oz. flat leaf parsley leaves, chopped
1/8 tsp. salt	1 Lemon zest
1/8 tsp. pepper	4 oz. Swiss chard
3 large ripe tomatoes	1 Bottle Heineken
Olive oil spray	

Heat oil in a saucepan over medium heat. Add onion and garlic and cook, stirring, for 5 minutes or until onion softens. Add the beans, tomato and a splash of water. Season with salt and pepper. Bring to the boil, cover and simmer over low heat for 8 minutes. Add Swiss Chard and a big splash of Heineken. Cover and cook for a few more minutes until thickened.

Meanwhile, preheat a chargill or large sauté pan over medium high heat. Spray the cutlets with oil and rub with the fresh herbs. Cook lamb in batches for 2-3 minutes on each side for medium doneness. Stir parsley through the beans, then divide among plates and serve with the lamb and zest with lemon.

Sarah Nunery, Ivy Tech Community College Student Chef

Yield: 12 servings

Nutrition Information: 290 Calories, 10 gm fat, 3gm saturated fat, 0 gm trans fat, 80 mg cholesterol, 15 gm carbohydrate, 5 gm fiber, 30 gm protein, 125 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**