

Grilled Potato Salad



Course: Side Dish

Categories: Vegetable

Source: www.livingupwell.com

Serving size: Makes 12 servings of 1/2 cup

Preparation time: 15 mins

Cooking time: 1 hour

Ingredients

- 6 medium russet potatoes
- 1 medium red onion, diced
- 1 large red bell pepper, diced
- 1/2 cup diced mild green chiles (can find in can)
- 1/4 cup olive oil
- 1/2 cup nonfat Greek yogurt
- 3 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 4 tablespoons Ranch dressing mix
- 1/2 cup fresh cilantro, chopped
- 1 tablespoon Jill's All Purpose (AP) Seasoning Mix

Directions

Prep Day:

1. Heat medium size skillet to med-high heat, add onions, 1 tsp olive oil and Jill's AP seasoning and stir every few minutes.
3. Cook 8-10 minutes, until beginning to brown, add 1 tbsp red wine vinegar and scrap the pan with spatula to get up bits of food that may be stuck.
4. Reduce heat to medium low, add diced bell pepper and cook additional 5 minutes. Allow to cool.
5. In small bowl, mix: olive oil, Greek yogurt, red wine vinegar, Dijon mustard, green chiles, Ranch dressing powder mix, and cilantro.
6. Label and store separately in refrigerator.

Prepare Day:

1. Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
2. Cut potatoes into quarters (large wedges)
3. Place half potatoes on hot side of grill and the other half on cool side. Cook for 30 minutes, then switch potatoes from hot to cooler side of grill and visa versa.
4. Cook for additional 30 minutes or until soft when pierced with a fork.

5. Remove from heat and cool slightly.
6. Cut into bite size pieces, add sauce, onions and bell peppers and mix together.
7. Serve either warm or cold.

Notes

Can be made the day before. If making them the day of, cook the potatoes first, then make your other sides and meat.

Grilled Potato Salad		
Nutrition Facts		
Serving Size	1 Serving = 1/2 cup	
Amount Per Serving		
Calories	139.4	
	% Daily Value*	
Total Fat	4.8 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	689.6 mg	30 %
Total Carbohydrate	21.4 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	2.6 g	
Added Sugars	0 g	0 %
Protein	3.1 g	
Vitamin D	0 mcg	0 %
Calcium	22.6 mg	2 %
Iron	1.1 mg	6 %
Potassium	536 mg	11 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

