

Lemony Grilled Potato Salad

Courtesy of myrecipes



Makes: 6 servings

Ingredients:

2 pounds small Yukon gold potatoes
3 tablespoons extra-virgin olive oil, divided
1 small red onion, cut into 1/2-inch-thick slices
1 red bell pepper, cut in half and seeded
Cooking spray
3 tablespoons chopped fresh basil
2 tablespoons chopped fresh chives
3 tablespoons fresh lemon juice
1 teaspoon capers
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Preparation:

Preheat grill to medium-high heat.

Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool slightly. Cut potatoes in half. Combine potatoes and 2 teaspoons oil in a large bowl, and toss well to coat.

Brush onion and bell pepper evenly with 1 teaspoon oil. Place potatoes, onion, and bell pepper on a grill rack coated with cooking spray; grill 5 minutes on each side or until tender. Remove vegetables from grill; cool slightly. Cut bell pepper into thin strips. Cut onion slices into quarters.

Combine remaining 2 tablespoons olive oil, basil, and remaining ingredients in a large bowl, stirring with a whisk. Add vegetables to bowl; toss to coat.

Nutrition Per serving: 220 calories; 6.9 g fat, 30g carbs, 4 g protein, 320mg sodium