

Grilled Yellow Potatoes with Mustard Sauce

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the potatoes:

- 3 pounds yellow potatoes, such as Yukon Gold
- ¾ cup extra virgin olive oil, divided
- 1 tablespoon fresh rosemary
- 5 tablespoons fresh Italian flat leaf parsley, divided
- 1 teaspoon kosher salt or sea salt, divided

For the sauce:

- ¼ cup Champagne vinegar
- 2 tablespoons whole grain mustard
- 1 tablespoon Dijon mustard
- 1 bunch scallions

Method of preparation:

1. Preheat grill to a medium heat.
2. Bring a large pot of salted water to a boil and drop in the whole potatoes leaving the skins on. Bring back to a boil and cook 8-10 minutes (10 if the potatoes are large). Remove to room temperature to cool. Discard water. The potatoes will not be fully cooked and will finish on the grill.
3. While the potatoes are cooling, place ½ cup of olive oil, rosemary, 3 tablespoons of parsley and ½ teaspoon of the salt into a mini food processor and blend until a paste forms.
4. Once the potatoes are cool enough to handle, slice into thick ¾ inch slices leaving the skins on and place on a sheet pan. Spread the rosemary mixture on both sides of the potatoes using all of the mixture.
5. Grill for 15 minutes, turning a few times until fully cooked through and nicely browned. If the oil makes the grill flame up, move them to a higher rack until the flames settle down.
6. While potatoes continue to cook on the grill, prepare the mustard sauce.
7. In a small bowl, mix vinegar, remaining ¼ cup of olive oil, remaining ½ teaspoon salt and both mustards until blended.
8. Chop the remaining parsley and set aside.
9. As soon as the potatoes come off the grill, toss lightly with the dressing and sprinkle remaining two tablespoons of parsley over the top.
10. Serve immediately.

Nutritional analysis (per serving):

Calories:	493	Carbohydrates:	53 g	Folate:	0 mcg
Total Fat:	28 g	Fiber:	8 g	Calcium:	0 mg
Saturated Fat:	4 g	Cholesterol:	0 mg	Iron:	0 mg
Protein:	6 g	Vitamin B-12:	.5 mcg	Sodium:	538 mg