

Grilled Potato Salad with White Balsamic Dressing

Crisp golden potatoes absorb the sweet flavour of white balsamic vinegar in this slightly Mediterranean version of a summer favourite. For a fun Canada Day treat, use a maple leaf cutter and cut out leaves from the red peppers to celebrate our country.

6 Ontario Yukon gold potatoes (about 2 1/4 lbs/1.25 kg), scrubbed
2 red peppers, quartered
2 tbsp (25 mL) extra virgin olive oil
2 tbsp (25 mL) chopped fresh basil
1 tbsp (15 mL) chopped fresh rosemary
1/4 tsp (1 mL) each salt and pepper
White Balsamic Dressing:
1/4 cup (50 mL) extra virgin olive oil
2 tbsp (25 mL) white balsamic vinegar
2 tbsp (25 mL) finely chopped sundried tomatoes in oil, drained
1 clove garlic, minced
1/3 cup (75 mL) halved pitted Kalamata olives
2 tbsp (25 mL) chopped fresh basil
1 tbsp (15 mL) capers

Cut potatoes into 8 wedges each and place in large bowl with red peppers. Add oil, basil, rosemary, salt and pepper and toss to coat well.

Place potato wedges and pepper on greased grill over medium high heat and grill for about 20 minutes, turning once or until golden and tender. Thinly slice red peppers and return to bowl with potato wedges.

White Balsamic Dressing: Meanwhile, whisk together oil, vinegar, tomatoes and garlic. Pour over grilled potatoes and peppers. Add olives, basil and capers and toss gently to combine.

Serve warm or cover and refrigerate for up to 2 days. Bring to room temperature and toss well before serving.

Tip: You can substitute 1 jar (340 mL) roasted red peppers, drained and sliced for the 2 red peppers.

Per each of 6 servings: 300 calories, 3 g protein, 15 g fat, 37 g carbohydrates, 4 g fibre, 220 mg sodium, 660 mg potassium

Excellent Source of Vitamin C, Source of Fibre, Source of Vitamins B1 and B3, Source of Folate

