

Grilled Sweet Potato and Scallion Salad

Bobby Flay of the Food Network



Servings: 8

1. Bake potatoes in a 350 oven for about 40-50 minutes until JUST barely done. Remove and allow to cool, then peel and cut into 1/2 inch lengthwise slices.
2. Preheat grill to high. Brush potatoes and scallions with 1/4 cup oil and arrange on grill. Grill potatoes for 3 to 4 minutes on each side, or until just tender. Grill scallions until softened and marked. Remove scallions from the grill and cut into thin slices.
3. In a large bowl, whisk together 1/2 cup olive oil, the mustard, vinegars, and honey. Season with salt and pepper, to taste. Add potatoes, scallions, and parsley and toss until potatoes are well coated. Transfer to a platter and serve.

4 large sweet potatoes

8 whole scallions

3/4 cup olive oil, divided use

2 tablespoons Dijon mustard

1/2 cup cider vinegar

1/4 cup balsamic vinegar

2 teaspoons honey

Salt and freshly ground pepper

1/4 cup Italian parsley, coarsely chopped

Per Serving (excluding unknown items): 264 Calories; 21g Fat (68.2% calories from fat); 2g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 59mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>