

Grilled Sweet Potato and Scallion Salad

Author: Bobby Flay of the Food Network

Carolyn T's
Cookbook

Servings: 8



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

Categories: Salads, Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

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.

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 30 minutes

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.

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.

2. 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.