

## Grilled Potato and Asparagus Salad

Fresh zippy lemon sparks up the flavour in this salad. A perfect brunch or lunch dish served up during summer. Alongside grilled salmon fillets for perfect summer's eve.



4 Ontario Yukon Gold potatoes, (about 1 lb/500 g)  
half bunch asparagus, trimmed  
1/3 cup (75 mL) extra virgin olive oil  
4 cloves garlic minced  
1/2 tsp (2 mL) each salt and pepper  
1 red pepper, chopped  
1/2 tsp (2 mL) grated lemon rind  
2 tbsp (25 mL) lemon juice  
1 tsp (5 mL) Dijon mustard  
1 tbsp (15 mL) chopped fresh mint or parsley (optional)

Slice potatoes into 1/2 inch (1.25 cm) thick slices and place in large bowl. Add asparagus and drizzle with 2 tbsp (25mL) of the oil. Add half of the garlic and half each of the salt and pepper. Toss well to coat potatoes and asparagus.

Place potato slices and asparagus onto greased grill over medium high heat, close lid and grill turning once for about 10 minutes for the asparagus and 15 minutes for the potatoes or until golden and crisp. Arrange decoratively onto platter.

In small bowl, whisk together remaining oil and garlic, lemon rind and juice and mustard. Drizzle over grilled vegetables and sprinkle with mint, if using.

Per each of 4 servings: 290 calories, 3 g protein, 19 g fat, 27 g carbohydrates, 4 g fibre, 310 mg sodium, 520 mg potassium

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