



DISHING IT UP WITH DANA

A Salad that Has it All!

Grilled Potato Salad is healthy, light, satiating, and full of flavor

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

When it comes to salads, I need to be in the right mood to eat them. In fact, I get frustrated with them. Unless a salad is packed with protein and/or has another satiating ingredient incorporated, it's not long before I'm hungry again.

Lately, I've been experimenting with adding potatoes to my salads, in addition to some kind of meat, which is not only healthy but also buys me some extra time in between meals.

When I am in the mood for a salad, I also find that I gravitate to simple,

yet flavorful dressings. Olive oil and vinegar, or even olive oil and lemon juice with salt and pepper, typically do the trick.

I'm happy to say that I found the best of both worlds: a salad that has it all and one I can always be ready to eat!

This "Grilled Potato Salad" recipe is healthy, light, satiating, full of flavor, and best of all, quick and easy.

GRILLED OR AIR FRIED

Want to modify? No problem! Here are some ideas. While the recipe

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Grilled Potato Salad

INGREDIENTS:

4	whole medium yellow potatoes
4	whole red potatoes
2 Tbsp.	olive oil, divided
3 Tbsp.	red wine vinegar
1/2 tsp.	dried parsley flakes
1/2 tsp.	red pepper flakes
1 tsp.	ground mustard
1/2 tsp.	salt or to taste
1/2 tsp.	ground black pepper
1/2 C	banana pepper rings
2	whole Roma tomatoes, seeded and coarsely chopped
1/2 C	pitted Kalamata olives, halved
1 C	baby arugula leaves, chopped
1 Tbsp.	capers





says “grilled” (don’t get me wrong—the grill certainly offers a delicious, charred flavor component), you could easily throw some potatoes in an air fryer or oven and make this salad during the winter months.

Another variation would be to add some meat. This salad would be just as good with shredded pork, chicken, or turkey. The best news is that you can change it up however you want, and those are my favorite kinds of recipes.

Want to add yet another component? Prepare a side of homemade or frozen French fries. The crunch of the fries with the savory of the salad is out of this world.

That’s been a trend for me lately. I’ll order a salad at a restaurant with a side of French fries. Try it the next time you go to a restaurant and tell me the two aren’t an amazing combination!

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DIRECTIONS

Place potato slices into a medium bowl. Drizzle 1 tablespoon olive oil and toss to coat.

Place slices onto a medium-high heated grill. Grill potatoes for about four minutes on each side until grill marks appear. When slices are cooked, remove from heat and allow them to cool.

Whisk together red wine vinegar, remaining olive oil, parsley, red pepper flakes, ground mustard, salt and pepper. Stir in banana pepper rings, chopped tomatoes, olives, capers and arugula. Set aside.

When the potatoes have cooled, cut each slice into quarters and gently fold chunks into the red wine vinegar mixture. Serve immediately.

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