

Grilled Vegetable Potato Salad

You may know by now that summer is not my favorite season. It's hot and humid, and for some reason people like to host outdoor parties where there's nothing to do besides sweat. Oh, and eat mayonnaise based salads, which seem strange to me.

Of course every dark cloud has a sliver lining as they say, and while summer is my dark cloud, the silver lining is all the fresh produce. Everything tastes better this time of year, and you'll find me at the farmer's market almost every weekend.

This past weekend, I got a bunch of different things, with no real plan as to what I was going to do with them. Red potatoes, asparagus, some cherry tomatoes, and fresh herbs filled my market tote. I had thoughts of roasting, but since it's summer, grilling seemed a better option, and that's where this recipe started.

It's not your typical mayo based salad. Actually, there's no mayo at all. Instead, the flavor comes from a super bright and lemony dressing made of avocado oil and mustard. Some mustard seeds add crunch, and the grilled veggies add a chargrilled summer flavor.

You can use pretty much any veggie you like here. While I grilled my asparagus, tomatoes, and onions, you could do peppers, zucchini, or summer squash. It's pretty forgiving that way. I had fresh basil and parsley from the market, but again, whatever you have will probably work. Bring this to your next backyard barbecue, and watch it disappear!

Grilled Vegetable Potato Salad

Serves 4-6

Ingredients:

Salad:

- 2 pounds red potatoes, quartered
- 1 bunch asparagus, tough ends removed
- 1 pint cherry tomatoes
- 1 small red onion, cut into bite sized pieces
- 1 bunch basil leaves, chopped
- 1 handful fresh parsley
- Ava Jane's Kitchen extra-virgin avocado oil, for grilling

Dressing:

- 1/2 cup Ava Jane's Kitchen extra-virgin avocado oil
- Juice and zest of 2 lemons
- 1 clove garlic, minced
- 2 teaspoons Dijon mustard

1 tablespoon mustard seeds
Sea salt and fresh ground pepper, to taste

Directions:

Cook the potatoes: Put the potatoes in a large saucepan and cover with cold water. Add a generous pinch of salt and bring to a boil. Reduce heat, and simmer until just tender, 10-15 minutes. Don't over cook. Drain, and allow to cool while you grill the veggies.

For the veggies, brush the asparagus with avocado oil, and skewer the cherry tomatoes and onion pieces. Brush those with the avocado oil and grill the veggies until charred and tender. Remove from heat, allow to cool. Finely chop the asparagus and onions, and halve the tomatoes if desired. Transfer to a large bowl with the drained potatoes and the herbs.

To make the dressing, put all of the ingredients in a jar and shake until well combined. Season with salt and pepper to taste and toss with the salad. Chill until ready to serve.