

Grilled Potato Kabobs with Lemon-Herb Drizzle

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Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

Cook time: 20 minutes

LEMON-HERB DRIZZLE

1/4 cup extra-virgin olive oil

3 cloves garlic, minced

2 tablespoons fresh herbs (basil, rosemary, marjoram and sage), chopped

1/2 teaspoon sea salt, or to taste

juice of one fresh lemon

freshly ground pepper, to taste

POTATO KABOBS

1 pound russet potatoes, scrubbed

1 package (12 oz) precooked chicken sausage, sliced 1/4-inch-thick on the diagonal

2 ears fresh corn, cut into 1-inch pieces

1 zucchini, sliced 1/4-inch-thick on the diagonal

Heat the olive oil in a small saucepan until very hot. Remove from the heat and stir in the garlic.

Let cool. Stir in the herbs, salt, lemon juice and pepper. Set aside.

Place potatoes in a medium-size microwave-safe bowl and cover with a lid or plastic wrap. (Note: If using plastic wrap, make sure that the plastic wrap is not touching any ingredients and poke one small hole in the cover to vent.)

Microwave on HIGH for 10 to 12 minutes or until the potatoes are tender (cooking time may vary depending on the microwave). Use oven mitts to carefully remove from the microwave. When cool enough to handle, cut into large chunks.

Thread the potatoes, sausage and vegetables onto skewers.

Grill over medium-high heat for about 10 minutes, turning frequently and brushing with a little of the herb mixture during the last few minutes of cooking.

Remove from the grill and place on a platter.

Drizzle with the remaining herb mixture.

Per Serving (excluding unknown items): 172 Calories; 9g Fat (47.3% calories from fat); 3g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat.