

New Potatoes with Onions and Spicy Sausage

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Preparation Time: 33 minutes

Start to Finish Time: 1 hour 19 minutes

3 cups water

2 tablespoons Dijon mustard

1 teaspoon sweet paprika

2 teaspoons white vinegar

1/2 teaspoon ground red pepper

1 can (14 oz) fat-free lower-sodium chicken broth

2 bay leaves

16 small (18 oz total) red and yellow potatoes, halved lengthwise

8 small boiling onions (root left intact), peeled

cooking spray

4 ounces linguica sausage, diced

1 tablespoon fresh flat-leaf parsley, chopped

1/2 teaspoon Kosher salt

Remove the grill rack and set aside. Prepare the grill for indirect grilling, heating one side to medium-high and leaving one side with no heat. Place the grill rack back on the grill.

In a large saucepan, combine the water, Dijon mustard, paprika, vinegar, red pepper, broth and bay leaves. Bring to a boil. Cook for 2 minutes.

Add the potatoes and onions. Bring to a boil. Reduce the heat to low and simmer for 12 minutes.

Remove from the heat and let stand for 10 minutes in the cooking liquid. Drain.

Cut the onions in half.

Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife.

Place the potatoes and onions in the pan and coat with cooking spray.

Place the pan on the grill rack over the unheated side of the grill. Cover the grill and cook for 25 minutes or until lightly browned.

Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray.

Add the sausage and saute' for 4 minutes or until lightly browned.

In a large bowl, combine the sausage, potato mixture, parsley and the salt. Toss gently.

Per Serving (excluding unknown items): 25 Calories; 1g Fat (41.3% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1339mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.