



BBQ Potatoes

You'll Need: Tongs, a barbecue, aluminum foil

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients	Amount for 8 Servings
Russet Potato, cubed	2 whole
Olive Oil	3 splashes
Yellow Onion, diced	½ onion
Garlic Salt	To taste
Pepper	To taste
Paprika	To taste

Method:

Step 1: Wash and dice the potatoes and slice the onions.

Step 2: Mix together the olive oil and spices with the potatoes and onions. Microwave for 5 minutes on high.

Step 3: Take the mixture from the microwave and place in the middle of about 2 feet of foil. Make sure you spray the foil with Pam - this will prevent the potatoes from sticking once they hit the grill.

Step 4: Wrap up the potatoes so that the foil encases them entirely. Make sure they are securely wrapped because this pack will need to be flipped once.

Step 5: Place potatoes on grill. Cook for 5 minutes on medium.

Step 6: Carefully flip packet of potatoes. Cook for another 5 minutes.

Step 7: Serve and enjoy.

Nutrients per Serving:

Calories: 210 kcals

Fat: 7g

Sodium: 20mg

Carbohydrates: 34g

Fiber: 4g

Protein: 4g

