Recipes

Grilled Corn on the Cob

Ingredients:
- 4 ears of corn
- oil for grill
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon chili powder or paprika (optional)

Equipment Needed:
- Large bowl
- Grill
- Tongs

Number of Servings: 4
Prep Time: 15 minutes
Total Time: 25 minutes

Directions

1. Peel back corn husks, leaving them attached at the base of the ears. Remove and discard corn silks. Pull husks back over ears. Place ears in a large bowl and cover with cold water. Let soak for 10 minutes.

2. Preheat grill to high. Lightly oil grill grates.


4. Cover grill and cook, turning occasionally using tongs, until husks are slightly charred and corn is tender, about 15-20 minutes.

5. Remove ears from grill. Holding bottom of hot ears with a towel, peel back husks and drizzle olive oil onto corn. Season with salt, pepper and chili powder or paprika (optional).

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 ear</th>
<th>Amount Per Serving</th>
<th>Calories 109</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories from Fat 36</td>
<td>Total Fat 4g</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 1g</td>
<td>Cholesterol 0mg</td>
<td>3%</td>
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<tr>
<td></td>
<td>Sodium 283mg</td>
<td>Total Carbohydrate 17g</td>
<td>12%</td>
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<tr>
<td></td>
<td>Dietary Fiber 3g</td>
<td>Protein 3g</td>
<td>6%</td>
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<tr>
<td></td>
<td>Vitamin A 7%</td>
<td>Vitamin C 11%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Iron 3%</td>
<td>Calcium 1%</td>
<td>3%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Tip: Use leftovers in Spinach and Grilled Corn Salad.

Adapted from Martha Stewart’s Grilled Corn on the Cob Recipe