

Grilled Corn on the Cob

Serving Size: 2 ears

Serves: 4

Ingredients

8 ears of fresh corn in the shuck

Dash salt and pepper

Directions

Choose corn that has a good stalk on the stem end. Do not remove the stalk.

Wash the corn in the husks well.

Soak the corn in the husks for 15 minutes submerged in cold water.

Peel back the shucks like peeling a banana taking care not to separate them from the stalk.

Wash the corn under cold water. Remove the silk.

Season with just a dash of salt and pepper.

Rewrap the corn with the shucks and then wrap with foil.

Place on a medium hot grill and cook for 15 – 20 minutes turning every 5 minutes for even cooking. Remove from the grill and allow the foil to cool enough to handle it. Carefully remove the foil (not the husks) and return the corn to the grill for 5 minutes. Rotate each ear to add a savory grill flavor and prevent burning the husks.

Serve immediately with your favorite condiment.

The natural fresh flavor of corn grilled in the husk is excellent without any condiment or seasoning. Try this recipe without the salt and pepper for a delightful fresh vegetable experience.

Exchanges per serving:

2 Starches

Nutrients per serving:

Calories: 155

Calories from fat: 19

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 337mg

Carbohydrate: 34g

Dietary Fiber: 5g

Protein: 6g