

Grilled Corn on the Cob

From the Centers for Disease Control & Prevention (CDC) – Fruits and Veggies: More Matters Campaign

<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=594&Search=grilled&PageNumber=1&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes>

Ingredients

- 4 ears fresh corn with silks and husks
- 1 fresh lime or lemon, cut into wedges
- Salt and pepper to taste (optional)
- Chili powder (optional)

Instructions

1. Leaving on husks and silks, soak corn in enough water to cover for 30 minutes.
2. Remove corn and pull husks away from the top of the cobs to drain excess water. Remove silk, and pull husks back up to cover corn.
3. Arrange corn on grill over hot coals and close lid of grill. Cook 25-30 minutes, turning frequently, until corn is tender.
4. Let husks cool until they are not too hot to handle, and remove. Squeeze fresh lemon/lime juice over corn. Sprinkle with salt, pepper, and/or chili powder as desired. Serve.

Makes 4 servings (serving size: 1 ear of corn)

Nutrition information per serving:

Calories	130
Carbohydrates	29 g
Dietary Fiber	4 g
Sugars	5 g
Protein	5 g
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg*

** Sodium will vary depending on amount of salt used*

