

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

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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.
3. Drain corn. Arrange ears on grill.
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

Serving Size: 1 ear	
Servings: 4	
Amount Per Serving	
Calories 109	Calories from Fat 36
%Daily Value*	
Total Fat 4g	7%
Saturated Fat 1g	3%
Cholesterol 00mg	0%
Sodium 283mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Protein 3g	6%
Vitamin A 7%	Vitamin C 11%
Iron 3%	Calcium 1%

*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

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