

CHILI LIME GRILLED CORN

A FLAVORFUL TWIST ON A SUMMER CLASSIC.



Yield: 5 Each – Serving Size: 1 Each – Prep Time: 10 Minutes



Ingredients:

- 5 Each** - Corn on the Cob, with husk and silk fibers removed
- ¼ cup** - Unsalted Butter, Melted
- 2 tsp.** - Mild Chili Powder
- 1 tsp.** - Garlic Powder
- 1 tsp.** - Cumin, Ground
- 2 tsp.** - Salt
- For Garnish** - Lime wedges (one lime)

1) In a small bowl combine melted butter with chili powder, garlic powder, cumin and salt.





2) Brush corn with butter mixture until thoroughly coated.



3) Place coated cobs on the preheated grill, cooking 2-3 minutes then rotating a quarter turn until all sides are evenly grilled or until kernels begin to pop and char.



4) Remove the corn from the grill and place on a platter with lime wedges on the side. Squeeze one wedge over cooked corn before eating.

Equipment Needed: Measuring cups and spoons, knife, cutting board, grill or grill pan, bowl, marinade brush, tongs and a large platter.

Calories: 150 – **Calories from Fat:** 87 – **Total Fat:** 10g – **Saturated Fat:** 6g – **Trans Fat:** .4g – **Cholesterol:** 24.5mg – **Sodium:** 966mg – **Total Carbohydrate:** 16.5g – **Dietary Fiber:** 3g – **Sugar:** 3g – **Protein:** 2.5g