

Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

GRILLED JALAPENO-LIME CORN ON THE COB

SOUTHERN LIVING – JULY 2011 (Makes 8 Servings)

- 8 Ears fresh corn, husks removed Vegetable cooking spray Salt and freshly ground pepper
- ½ cup butter, softened
- 1 jalapeno pepper, seeded and minced
- 1 small garlic clove, pressed
- 1 tablespoon lime zest
- 1 tablespoon fresh lime juice
- 2 teaspoons chopped fresh cilantro

Garnish: lime zest

- Preheat grill to 350-450 (medium-high heat).
- Coat corn lightly with cooking spray. Sprinkle with desired amount of salt and pepper.
- Grill corn, covered with grill lid, 15 minutes or until golden brown, turning occasionally.
- Meanwhile, stir together butter and next 5 ingredients. Remove corn from grill, and cut into thirds.
- Serve corn with butter mixture.
- Garnish with lime zest, if desired.