



Roasted Corn on the Cob

Total Calories
141

Total Fat
7g

Protein
4g

Total Hydrates
20g

Saturated Fat
4g

Sodium
61mg

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Servings: 4
Serving Size: 1 ear of corn

INGREDIENTS

- 4 ears of fresh corn on the cob (with husks)
- 2 tablespoons butter, melted
- 2 cloves garlic (chopped)
- Season to taste (salt, pepper)

DIRECTIONS

1. Preheat oven to 350°F.
2. Lay each ear of corn on a sheet of aluminum foil large enough to wrap the ear of corn completely (will occur in later step)
3. In a small bowl, combine melted butter and garlic.
4. Pour mixture evenly over each ear of corn.
5. Wrap each ear of corn in aluminum foil and place on a baking sheet.
6. Bake 15 to 20 minutes, turning once.

TIP

There are lots of different ways to season corn on the cob. Try sprinkling with lemon juice and parmesan, or for Mexican style corn, sprinkle with chili powder, cilantro and lime juice.

