



Grilled Corn on the Cob



5 ears of corn
3 Tablespoons margarine, melted
1/2 teaspoon ground cumin
1/4 teaspoon chili powder
2 teaspoons fresh chopped cilantro

Instructions: Soak corn in husk for at least 15 minutes to provide extra moisture for steaming. Preheat grill to medium heat (350°F.) Pull back husks from ears of corn, leaving the husks attached. Remove silk and rinse the ear with water; set corn aside. In a small bowl, combine margarine, cumin and chili powder. Brush mixture onto ears of corn, saving leftovers. Bring husks up to cover the corn. Place on hot grate and grill for 15 minutes, turning occasionally. Wearing an oven mitt, hold the corn and peel the husks from the top down; remove any excess ash on the corn. Brush with leftover margarine mixture. Sprinkle with cilantro.

Yield: 5 servings

Nutrition Facts (per serving): 170 calories, 7 grams fat, 85 milligrams sodium, 27 grams carbohydrate, 0 grams fiber, 5 grams protein