

BBQ Corn on the Cob

Ingredients:

1 teaspoon chili powder
1/8 teaspoon dried oregano
1 pinch onion powder
Cayenne pepper to taste
1 pinch garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
3 tablespoons Land O' Lakes light butter, softened
6 ears corn, husked and cleaned

Directions:

1. Preheat grill for medium-high heat.
2. In a medium bowl, mix together the chili powder, oregano, onion powder, cayenne pepper, garlic powder, salt, and pepper. Blend in the softened butter. Apply this mixture to each ear of corn, and place each ear onto a piece of aluminum foil big enough to wrap the corn. Wrap like a burrito, and twist the ends to close.
3. Place wrapped corn on the preheated grill, and cook 20 to 30 minutes, until tender when poked with a fork. Turn corn occasionally during cooking.

*Tip: To cook corn in husks,

1. Peel away outer husk instead of actually removing it; remove inner silky thread, then wrap outer husk back around ear.
2. Soak ears in water for at least ten minutes.
3. Pull husk back and apply seasoned butter mixture to corn; pull husk back into place, tying ends if necessary to keep in place.
4. Place on preheated grill for 15 to 20 minutes, turning occasionally.

Makes 6 servings.

Nutritional analysis per serving: calories 120, calories from fat 50, total fat 6g, saturated fat 2g, cholesterol 10mg, sodium 105mg, total carbohydrate 17g, dietary fiber 2g, sugars 5g, protein 4g, vitamin A 10%, vitamin C 10%, calcium 0%, iron 2%