

On your marks, get set, GRILL

Corn on the cob makes a simple and delicious grilled meal

With the beautiful spring weather, many are already grilling. So don't forget that veggies are wonderfully prepared on the grill. Try this simple three steps to grilled corn-on-the-cob.

1. Select It

Select young, tender corn. The sugars in corn convert to starch shortly after being picked so it should be eaten soon after harvest. Young corn is also loaded with natural sugars that caramelize on the grill giving your corn an extra sweet flavor. Just make sure you look for bright green husks and light yellow stalks. Peel back the husk enough

to expose a few rows of kernels. The kernels should be plump and translucent.

2. Prep It

You can remove the husks and wrap the cobs in foil or keep the husks in place. Both ways work well, but using foil will just steam the corn. To get that yummy smoke flavor, pull back the husks (still keeping them attached to the stalk), remove as much silk as you can, then push the



LIZ
BUCKNER
Extension
Agent

husks back around the corn to protect it.

3. Grill It

Now you are ready to grill. You want grill temperature to be at a medium-high heat. Corn-on-the-cob will take about 10 minutes to grill, turning every 2 minutes. The husks may burn, but the kernels of corn shouldn't. Watch for the kernels to turn a golden color.

Tips/Suggestions:

One medium corn-on-the-cob with a pat of butter contains 150 calories, 3.4 g fat, 32 g carbohydrate, and 4.5 g protein. It is also a good source of vitamin C and has some fiber. Or you can skip the butter and give the corn cob a squeeze of lime and/or a dash of Pico de Gallo seasoning. By doing so, 40 calories or more are saved and a Tex-Mex flavor is added!

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.