



PARMESAN CORN ON THE COB

June 11

National Corn on the Cob Day

INGREDIENTS

- 12 Count Bag of Mini Corn Cobs (3 inches each)
- ½ Cup Butter (melted)
- ¼ Cup Parmesan Cheese
- ½ Teaspoon Paprika
- 1 Tablespoon Chives (chopped)

DIRECTIONS

1. Place corn in a single layer in a microwave safe dish. Cover and microwave on high for 5 minutes.
2. Place butter in a shallow dish. Place parmesan in a second dish. Roll cooked corn cobs in butter and then parmesan. Place on serving dish and sprinkle with paprika and chives.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

12 Corn Cobs

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Corn Cob	1 Corn Cob	2 Corn Cobs	2 Corn Cobs