



INGREDIENTS

- 8 Ears Corn On The Cob, husked, medium size, 5 to 6-inch length
- 4 Tablespoons Butter (melted)
- Fresh Parsley, Cilantro or Basil (finely chopped)
- Olive Oil
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat your grill to medium-high, about 400° or your oven to 425°.
2. Peel back the corn husks but leave them attached at the base. Remove the silk.
3. Brush each ear with a splash of olive oil.
4. Sprinkle the chopped herbs evenly over the corn, then drizzle with melted butter.
5. Pull the husks back up over the corn. Tip: Soaking the corn in water for 10 minutes before grilling prevents burning.
6. Grill for 15-20 minutes, turning occasionally, until the husks are charred and the corn is tender.
7. Let cool for a minute, then peel back the husks and season with salt and pepper.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

8 Cobs

PORTION SIZES

Toddler: 1 Cob

Preschool: 1 Cob

School Age: 1½ Cobs

Adult: 1 Cob