

Barbeque Corn with Lime

Corn is a tasty summertime vegetable. Using lime and chili powder instead of butter and salt makes this recipe lower in fat and sodium. Serve with a fresh salad and barbequed chicken or beef.



Ingredients:

4 cobs	Corn, fresh with husks and silk	4 cobs
2 limes	Lime juice, fresh	2 limes
1 tsp	Chili powder	5 mL

Directions:

1. Fill a sink or roasting pan with cold water. Put corn into water and soak for one hour; do not peel back husks or remove silk.
2. Heat barbeque grill to medium temperature. Remove corn from water. Place on grill for 8–10 minutes, turning once or twice. Remove from heat and let cool slightly.
3. Cut limes in half. Set aside.
4. Wearing rubber gloves, peel back corn husks and twist to make a “handle”. Remove silk.
5. Squeeze the juice from half a lime over each cob and sprinkle with chili powder. Serve immediately.

Makes 4 servings (1 cob/ 151 g)

Note: You can also use 1–2 Tbsp (15–30 mL) of lime juice on each cob instead of fresh limes.

Source: developed by Terry B. for Apple, Alberta Health Services’ health and wellness magazine.

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Nutrition Facts	
Per 1/4 of recipe (1 cob/ 151 g)	
Amount	% Daily Value
Calories 130	
Fat 2 g	3 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 30 mg	1 %
Carbohydrate 28 g	9 %
Fibre 3 g	12 %
Sugars 9 g	
Protein 5 g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	0 %
Iron	6 %
Vitamin D	0 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in fat	2 g
Low in saturated fat	0 g
Low in sodium	30 mg
Very high in potassium	408 mg
Source of magnesium	55 mg
High source of folate	62 mcg
Source of iron	0.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.