



GARLIC-LIME GRILLED CORN

Advanced Lifestyle

INGREDIENTS

1 TBS olive oil
2 TSP butter
1 garlic clove, minced
4 ears shucked yellow corn
Cooking spray
1 TSP grated lime rind
¼ TSP kosher salt

INSTRUCTIONS

—Preheat grill to medium-high heat.

—Place oil, butter, and garlic in a small microwave-safe bowl. Microwave at HIGH for 30 seconds or until butter melts; set aside.

—Coat corn with cooking spray. Arrange corn on grill rack; grill 10 minutes or until done and lightly browned, turning occasionally. Remove from grill; brush with butter mixture. Sprinkle with rind and salt.

SERVING INFO: (Yields 4 servings):

1 ear = 1 G, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).