



Grilled Corn with Parmesan Spread & Basil

Prep: 15 minutes

Grill: 10 minutes • Serves: 6

- 3 garlic cloves, crushed with press (about 1 tablespoon)
- 1 tablespoon olive oil
- ½ cup mayonnaise
- ¼ cup grated Parmesan cheese plus additional for sprinkling (optional)
- 2 teaspoons fresh lemon juice
- ¼ teaspoon ground red pepper
- 6 ears of corn, silks and husks removed, cut crosswise in half
- Nonstick cooking spray
- ¼ cup coarsely chopped fresh basil leaves

1. Prepare outdoor grill for direct grilling over medium-high heat. In small skillet, cook garlic in oil over medium heat 1 to 2 minutes or until golden brown, stirring frequently; cool.

2. In small bowl, stir mayonnaise, cheese, lemon juice, red pepper and garlic mixture. Makes about ¾ cup.

3. Spray corn with cooking spray. Place corn on hot grill rack; cover and cook 10 to 12 minutes or until golden brown, turning frequently.

4. To serve, brush corn with mayonnaise mixture; sprinkle with additional cheese, if desired, and basil.

Approximate nutritional values per serving:

248 Calories, 23g Fat (15g Saturated), 10mg Cholesterol, 199mg Sodium, 27g Carbohydrates, 2g Fiber, 5g Protein

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This spread would also be good with zucchini. To serve, brush grilled or baked zucchini with mayonnaise mixture; add additional cheese and basil, if desired.