

Grilled Corn on the Cob

Makes 6 servings

Ingredients:

6 ears of fresh corn
2 fresh limes cut in half
1 ½ tbs of chipotle powder or smoked paprika
1 bunch chopped cilantro
1 cup low fat or nonfat yogurt, or sour cream
1/2 cup queso fresco

Instructions:

Step 1

Pull the husks back on the corn to expose the corn, but do not remove.

Step 2

Mix the next 5 ingredients together in a bowl.

Step 3

Spread evenly over corn and recover with husk.

Step 4

Grill for 5 minutes then turn over and grill for an additional 5 minutes, or until done. Place corn on medium heat grill, and cook until the husk dries out and starts to char.

Step 5

Serve hot or cold.

Nutritional information per serving: calories 265; carbohydrates 30 g; total fat 8 g; protein 14 grams; sodium 173 mg