

Farmers Market Fun Family Recipes



Serving Size: 1 Ear of Corn

Yield: 4 servings

Ingredients

- 4 ears fresh corn with silks and husks
- 1 fresh lime or lemon, cut into wedges
- salt and pepper to taste (optional)

Instructions

1. Leaving on husks and silks, soak corn for 30 minutes in enough water to cover.
2. Remove corn from water and pull the husks away from the top of the cobs to drain any excess water.
3. Remove corn silk.
4. Pull husks back up to cover corn.
5. Arrange corn on grill over hot coals and close lid of grill.
6. Cook 25 to 30 minutes, turning frequently, until corn is tender. If husks are too hot to handle, let them cool before removing them.

– Over –



Nutrition information:

Calories: 130
Carbohydrate: 29 gm
Fiber: 4 gm
Fat: 2 gm
Protein: 5 gm
Cholesterol: 0 mg
Sodium: 95 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



7. Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder.

Quick and Easy Fresh Corn from the Microwave Oven:

1. Pull down husks while leaving them attached at ends of corn. Remove corn silk. Rinse. Pull husks back up to cover corn tightly.
2. Microwave the ear for 3 minutes on high power. Pierce a kernel with fork to determine doneness. Resecure husks and turn ear over if more cooking time is required.
3. Cooking multiple ears of corn at the same time will require a longer cooking time. For husked corn, wrap ears in paper towel or microwave wrap and microwave until done.

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