



# Everything-Bagel Grilled Corn



## INGREDIENTS

4 ear(s) fresh sweet corn  
Hy-Vee canola oil, for brushing  
¼ cup Hy-Vee onion and chive cream cheese  
4 tsp Culinary Tours everything bagel seasoning

## PREPARATION

- 1** Preheat a charcoal or gas grill for direct cooking over medium-high heat. Pull husks back leaving them attached at stem ends. Remove silk; gather husks over stem and tie with kitchen string to form a handle. Brush each ear with canola oil.
- 2** Place corn over direct heat, keeping husk handles away from flame. Grill 10 to 12 minutes or until tender and slightly charred, turning frequently. Remove from grill; cool slightly.
- 3** Spread cream cheese over grilled corn. Sprinkle with everything bagel seasoning. Serve immediately

## NUTRITION FACTS

Calories: 130  
Total Fat: 5g  
Saturated Fat: 3g  
Cholesterol: 10mg

Sodium: 410mg  
Carbohydrates: 20g  
Fiber: 2g  
Sugar: 7g  
Protein: 4g