



Chili-Lime Grilled Corn

GF
option

V
option

INGREDIENTS

4 ear(s) fresh sweet corn
Hy-Vee vegetable oil, for brushing
2 tbsp Hy-Vee mayonnaise
2 tbsp Hy-Vee sour cream
½ tsp Hy-Vee chili powder
½ tsp Hy-Vee lime zest,
plus additional for garnish
1 tsp fresh lime juice
¼ tsp Hy-Vee honey
Hy-Vee salt
Hy-Vee ground black pepper

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** Meanwhile, combine mayonnaise, sour cream, chili powder, lime zest, lime juice, and honey in a small bowl. Spread over grilled corn to serve. Sprinkle with additional lime zest and season with salt and black pepper.

NUTRITION FACTS

Calories: 160
Total Fat: 8g
Saturated Fat: 2.5g
Cholesterol: 10mg

Sodium: 70mg
Carbohydrates: 20g
Fiber: 2g
Sugar: 7g
Protein: 4g