

Playnormous Healthy Recipes

Roarin' Roasted Corn

Ingredients:

- 2 large ears fresh corn, in husks
- 1 Tbsp. olive oil
- 1 tsp. medium to hot chili powder
- 1/2 tsp. paprika
- 1/4 tsp. salt
- Black pepper to taste

Directions:

1. Preheat oven to 450°F.
2. Remove the silks of each ear of corn by peeling back the outer husks, but don't remove the husks.
3. Combine the olive oil, chili powder, paprika, salt, and pepper and brush over each ear of corn.
4. Place the husks back over the corn, but don't worry if they no longer completely encase the cobs.
5. Roast corn in the oven for about 35 to 45 minutes.
6. Let the corn cool enough to handle before serving.

Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 vegetable.

Safety:

- CAUTION – Ask a parent or guardian for help when using the oven.

Source: American Diabetes Association

