

Barbecue Mexican Corn

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Servings: 4

Start to Finish Time: 20 minutes

1/4 cup fat-free mayonnaise
1 teaspoon barbecue spice rub
4 ears local corn, in husks
butter-flavored cooking spray
1/2 cup (2 oz) cotija cheese, grated
2 tablespoons fresh cilantro, chopped
1 lime, cut into four wedges

Heat a grill or grill pan to high.

In a small bowl, mix the mayonnaise and barbecue spice rub. Set aside.

Place the corn, in their husks, on the grill or pan and allow to steam cook for about 5 minutes per side. Peel back some husk and check for tenderness.

When the corn is tender, remove from the heat but leave the grill on or the pan over the heat. Cut one inch off the top of the cobs. Grasp the husk, along with the silk, and peel the husks off the cob like a banana. Continue peeling back the husks around the rest of the cob. Peeling them back together in this way creates a handle for holding the cob.

Spray the corn with cooking spray and place on the hot grill or pan. Grill until the kernels begin to develop grill marks and become charred, about 2 to 3 minutes. Turn the cobs occasionally.

Using a pastry brush, brush the mayonnaise mixture onto each cob.

Sprinkle the cheese and cilantro over the cobs.

Serve immediately with lime wedges.

Per Serving (excluding unknown items): 17 Calories; trace Fat (1.5% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 191mg Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.