

Daily Dining Dilemmas

TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS



Garlic Butter Campfire Corn

4 medium ears corn, husked
2 tablespoon butter, at room temp
1 tablespoon minced garlic

1/4 cup chopped fresh chives
1/4 teaspoon salt
1/4 teaspoon pepper

Combine butter, garlic, salt & pepper in a small bowl. Rub the flavored butter over the corn. Wrap each piece of corn with heavy-duty foil. Cook the corn in foil over medium-high heat, turning occasionally, until tender, about 15 minutes. Let cool slightly before carefully unwrapping. (Corn can also be cooked over a campfire: prepare campfire & let it burn down to the coals. Cook in the foil 4-6 inches above the coals, turning occasionally. Cook approximately 15 minutes.)

Source: eatingwell.com

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