



## Grilled Corn with Parmesan Spread & Basil

**Prep: 15 minutes**

**Grill: 10 minutes • Serves: 6**

- 3 garlic cloves, crushed with press (about 1 tablespoon)
- 1 tablespoon olive oil
- ½ cup mayonnaise
- ¼ cup grated Parmesan cheese plus additional for sprinkling (optional)
- 2 teaspoons fresh lemon juice
- ¼ teaspoon ground red pepper
- 6 ears of corn, silks and husks removed, cut crosswise in half
- Nonstick cooking spray
- ¼ cup coarsely chopped fresh basil leaves

**1.** Prepare outdoor grill for direct grilling over medium-high heat. In small skillet, cook garlic in oil over medium heat 1 to 2 minutes or until golden brown, stirring frequently; cool.

**2.** In small bowl, stir mayonnaise, cheese, lemon juice, red pepper and garlic mixture. Makes about ¾ cup.

**3.** Spray corn with cooking spray. Place corn on hot grill rack; cover and cook 10 to 12 minutes or until golden brown, turning frequently.

**4.** To serve, brush corn with mayonnaise mixture; sprinkle with additional cheese, if desired, and basil.

*Approximate nutritional values per serving:  
248 Calories, 23g Fat (15g Saturated),  
10mg Cholesterol, 199mg Sodium,  
27g Carbohydrates, 2g Fiber, 5g Protein*

### Dietitian's Dish

- > Slash some fat and calories with a simple swap – use olive oil based mayonnaise in place of regular mayonnaise.