

### **Waistline Wednesday**

#### **GRILLED CORN W/ PARMESAN & CAYENNE BUTTER**

- 8 ears fresh corn, husked
- 1 stick butter, softened
- ½ cup parmesan, grated
- 2 tablespoons basil, finely chopped
- ½ teaspoon garlic powder
- 1 teaspoon sea salt
- ½ teaspoon cayenne pepper
- ¼ cup extra virgin olive oil

1. In a large pot, boil ears of corn for 10 minutes. Remove corn from water & lay to dry on paper towels.
2. In a small bowl, mix butter, parmesan, basil, garlic powder, salt & cayenne pepper. Brush corn thoroughly with olive oil. Place corn on the grill & cook for 10 minutes, turning frequently.
3. Remove corn from the grill. Generously brush butter mixture on corn & serve it warm.

**servings: 8 / prep time: 10 minutes / cook time: 20 minutes**