

## Grilled Corn

**Makes:** 1 serving

**Per serving:** Calories 160, Protein 3.5 gm, Sodium 110 mg, Potassium 200 mg,  
Phosphorus 90 mg

### Ingredients

1 unhusked corn  
2 tsp sweet butter  
Pepper to taste

### Directions

1. Cover unhusked corn in cold water, soak for 1 hour or longer.
2. Roast over hot coals for 40 minutes. Turn as necessary, when husk looks browned. Inside husk will be moist and hot when outside is brown and dry.
3. Remove husks; season with butter and pepper.