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WHOLEHEARTED LIVING

JENNA RD, CDE



Grilled Chipotle Corn

BY GARLIC+ZEST

10 MINS PREP | 15 MINS COOK | 1 SERVINGS

To modify servings, view nutrition information and more, go to **eatlove.is**

INGREDIENTS

- **1 ear corn on the cob, with husks**
- **1 teaspoon butter softened**
- **1/4 teaspoon chipotle powder**
- **1/4 lime zested, sliced**
- **1 tablespoon cilantro chopped**
- **1 green onion halved, sliced**
- **1 dash salt**
- **1 dash freshly ground black pepper**
- **1/2 ounce queso fresco**

NUTRITION INFORMATION PER SERVING

Fruits **0.01 servings**	Iron **0.85mg**
Vegetables **0.16 servings**	Vitamin C **11mg**
Protein **6.3g**	Saturated Fat **4.65g**
Total Fat **8.7g**	Sodium **280mg**
Carbs **21g**	Fiber **2.65g**
Calories **172kcal**	Added Sugar **0g**

Method

1. Peel the husks back from the corn, but leave intact. Remove the silk and discard.
2. In a small bowl combine the butter, chipotle, lime zest, salt and pepper. Using the back of a fork, work the ingredients together until well combined. Brush the compound butter onto the corn, evenly covering each corn cob.
3. Gently fold the husks back over the corn until they are covered.
4. Preheat the grill to a medium high heat (about 400-450°F). When the grill is hot, place the corn onto the grates. Cook for about 15 minutes until husks are blackened and the corn inside has steamed.
5. Transfer the corn to a baking sheet. Cool just until you can safely handle the corn without burning yourself. Fold the husks back away from the corn cob (or you can remove them, if you like.
6. Sprinkle the corn with cilantro, queso fresco and green onions.
7. If desired, slice the lime into wedges. Serve the limes on the side for guests to squeeze onto the corn.

Jenna Walsh 12:12 EatLove 08.04.2026

JENNA, RD, CDE +1 (613) 717-0816 jenna.walsh@pcfhc.ca
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