



Eat Well

## Corn on the Cob & Lemon Garlic Sauce

### Directions

Place corn cobs untrimmed still in husks in microwave safe dish. Cook on high 7 minutes. Remove with towel or oven mitt and transfer to cutting board. Use a sharp knife to cut the corn at the stem, including a few rows of corn. Pull corn cob out, it should remove from husks easily and with little to no silks.

### Sauce

Whisk lemon juice, garlic and olive oil and spread on corn.

### Ingredients

- » 4 ears corn
- » 1 garlic clove, minced
- » 1 tbsp lemon juice
- » 2 tsp olive oil

### Nutrition information per serving:

Calories 95, Total Fat 3 grams,  
Total Carbohydrate 17 grams.

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