



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

PARMESAN CORN-ON-THE-COB

2/3 cup regular, light or fat-free mayonnaise

2 small cloves garlic, minced

2 to 3 tablespoons minced fresh parsley

8 ears corn-on-the-cob

8 wooden skewers

6 ounces (1 ½ cups) shredded parmesan cheese

1. In small bowl, stir together mayonnaise, garlic and parsley; refrigerate until ready to serve.
2. Boil or grill corn as directed below.
3. Sprinkle parmesan on sheet of wax paper.
4. Spread mayonnaise mixture over hot cooked corn; roll coated corn in parmesan.
Makes 8 servings

To Boil Corn:

1. Fill large tall pot two-thirds full of water and bring to a boil.
2. Remove husks and silk from corn. Insert wooden skewer into one end of corn cobs. (If skewers are difficult to insert, trim off about ½ inch from one end of each corn cob.)
3. Place corn in boiling water; cook for 5 to 7 minutes or until crisp tender.
4. Drain corn on paper towels.

To Grill Corn:

1. Omit wooden skewers.
2. Remove tassels and dark outer husks from corn.
3. Soak corn in husks in cold water for 20 minutes.
4. Place corn in grid over medium-high heat; grill turning frequently until kernels are bright yellow and tender, about 12 to 15 minutes.
5. Remove husks and silk from corn.

