

Foil-Wrapped North African Grilled Corn on the Cob

Adapted from *Cooking Light*, July 2000



Servings: 9

This corn is absolutely sensational. When corn is in season, fresh from the garden, this could be a meal (well, not really). I always serve this with jerk chicken, and adding a salad, it makes a complete meal. I do combine the dry rub mixture in advance - in a larger quantity - and put into small plastic bags (labeled) so I don't have to mix up the mixture every time I prepare this. It is really worth the effort and although the corn is spicy, it isn't "hot," as there's nothing in the mixture to give any chili type heat.

- 4 1/2 teaspoons ground cumin
- 4 1/2 teaspoons ground coriander
- 2 1/4 teaspoons dried oregano
- 1 1/8 teaspoons ground ginger
- 1 1/8 teaspoons salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- 2 1/4 dashes ground cloves
- 9 each corn on cob, whole
- Olive oil spray

1. Combine dry ingredients and set aside. Husk and corn and remove silk with paper towel. Spray the corn with olive oil spray (so the seasoning will stick to it).
2. Sprinkle with the spice combination, using about 1/2 teaspoon per cob. Wrap 1 or 2 cobs in foil and wrap securely.
3. Place on the grill and cook until done, turning at least once. Estimate: 15 minutes - maybe 20 at the most.

Per Serving (excluding unknown items): 86 Calories; 2g Fat (13.4% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>