

## Side Dish

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# Sweet Corn with Parmesan and Cilantro

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**Servings: 4**

**Start to Finish Time: 25 minutes**

**4 large ears sweet corn, husks removed**

**1/3 cup Parmesan cheese, grated**

**6 tablespoons olive oil, divided**

**1 tablespoon lime juice**

**1 clove garlic, minced**

**1 teaspoon ground cumin**

**1/2 teaspoon hot sauce**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

**1/4 cup fresh cilantro, minced**

Place the corn in a stockpot and cover with water.

Bring to a boil. Cover and cook for 3 to 5 minutes or until tender. Drain.

In a small bowl, combine the cheese, 5 tablespoons of olive oil, lime juice, garlic, cumin, pepper sauce, salt and pepper.

Brush one tablespoon of the mixture over each ear of corn.

In a large skillet, cook the corn in the remaining oil over medium heat for 4 to 6 minutes or until lightly browned, turning occasionally.

Stir the cilantro into the remaining cheese mixture. Brush over the corn.

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Per Serving (excluding unknown items): 291 Calories; 23g Fat (68.6% calories from fat); 6g Protein; 18g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 287mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.