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Chef Robert Irvine: Sweet Summer Street Corn

This sweet corn dish is really simple to make and high in potassium and protein to help you stay on track. There are many different types and colors (yellow, bicolor, or white) of corn available, and though some are sweeter than others, they are all good for this recipe.

Pair the grilled corn with a low-calorie, healthy dressing using miso paste as a base. Miso paste is just fermented soybeans, and in this recipe it takes the place of mayonnaise to give the dressing a rich, nutty flavor without adding extra fat. Garlic is another key healthy ingredient that adds flavor without adding calories. So, if you like garlic, don't be shy!

You can easily make this recipe vegetarian by omitting the bacon, topping with roasted pine nuts or crispy fried onions instead.

Prep time: 10 min. **Cook time:** 20 min.

Serving size: 1 ear of corn

Recipe yields 4 servings

Ingredients

4 ears of corn

Olive oil

Salt and pepper to taste

Dressing:

1/2 cup miso paste

1/4 cup rice wine vinegar

1/4 tsp cayenne pepper

2-3 cloves of garlic, minced

2 tbsp chopped scallions

pepper to taste

Juice from one lime

Garnish:

1/4 cup feta cheese

1 handful microgreens

2 slices of bacon, cooked and chopped

Directions:

1. Pull back the husks on the corn and remove silks. Rub with oil and season with salt and pepper, then roll the husks back over corn before placing on a preheated grill. If you want grill marks on the corn, remove a few husks completely toward the end of cooking.
2. Grill corn for about 15-20 minutes, turning frequently to evenly cook all sides, until kernels soften and begin to char slightly.
3. While corn is cooking, whisk miso paste and rice wine vinegar in a bowl. Add cayenne pepper, minced garlic, and 1 tablespoon of chopped scallions. Whisk to combine, and season with a pinch of black pepper.
4. Microwave lime for about 30 seconds to get as much juice out of it as possible, then slice in half and squeeze into dressing. Whisk to combine.
5. Once corn is cooked, remove husks and place on plates. Spread sauce evenly over corn, then top with remaining scallions, feta cheese, micro greens, and cooked bacon.