



Sweet Corn

SERVED THIS WEEK AT LUNCH

SWEET CORN WITH SOUTHERN BBQ GLAZE

1/4 c. of your favorite bbq sauce (sweet, spicy, etc.)
 1 tbsp. unsalted butter
 Kosher salt

fresh ground pepper to taste
 4 ears fresh Florida sweet corn, shucked

- Preheat oven broiler on high.
- In small saucepan over low heat, combine barbecue sauce and butter until melted and smooth. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn.
- Broil sweet corn, 4 inches from the broiler, being sure to watch the whole time. Turn and baste the sweet corn until golden. Serve warm.

Yield 4 servings



SWEET CORN IS
 PREDOMINANTLY
 GROWN IN:
 Dade, Orange,
 Palm Beach

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	