

# Buttered Corn In Foil

*What is a campfire meal without buttered cobs of corn? Cooking the corn in the husk and foil helps to keep it sweet and moist.*

Butter (or hard margarine), softened	1/3 cup	75 mL
Mint jelly	3 tbsp.	50 mL
Grainy mustard	1 tbsp.	15 mL
Garlic powder	1 tsp.	5 mL
Corncoobs in husk	4	4

Combine first 4 ingredients in small bowl.

Peel back husk from corn, but do not remove. Remove silk. Spread each cob with 2 tbsp. (30 mL) butter mixture. Pull up husks. Wrap each cob in heavy-duty foil (or double layers of regular foil). Set on grill placed over hot coals in fire pit. Cook for 25 to 30 minutes, turning several times, until tender. Serves 4.

*1 serving: 316 Calories; 18 g Total Fat (5.2 g Mono, 1.5 g Poly, 10.3 g Sat); 44 mg Cholesterol; 41 g Carbohydrate; 5 g Fibre; 5 g Protein; 244 mg Sodium*

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