

Grilled Corn on the BBQ (Elotes style)



Indulge in our irresistible BBQ Grilled Corn recipe, inspired by the famous Mexican Elotes. A smoky delight, sprinkled with spicy flavors and delectable cheese. Try it now for a mouthwatering experience!

Preparation 10 min

Cooking 15 min

Servings 8

Nutrition Facts (per serving)

Calories 230

Fat 9

Carbohydrates 35

Fibre 2

Protein 7

Sodium 280

Ingredients

Sauce

- 250 ml (1 cup) Belsoy-type soy cream
- 15 ml (1 tbsp) Dijon mustard
- 1 clove of garlic, chopped
- 2.5 ml (½ tsp) salt

- Pepper to taste

Corn

- 8 ears of fresh corn, shucked
- 60 ml (1/4 cup) crumbled feta cheese
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) nutritional yeast (optional)
- 30 ml (2 tbsp) fresh dill (or other fresh herb)
- Lime wedges

Preparation

1. Preheat the BBQ to high heat.
2. In a bowl, mix all ingredients with a fork.
3. Place the corn on the grill and turn down the heat of the BBQ to cook the corn for about 15 minutes, covered and turning from time to time.
4. Remove from heat. Garnish with sauce, crumbled feta cheese, chili powder, dill and lime juice.



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