

## Mexican-Style Corn on the Cob

Dr. Oliveira from the UC Davis Department of Integrative Medicine recently discussed one of my favorite summer treats, Corn on the Cob. June 11th was National Corn on the Cob Day. Who knew????!! I usually take the boring route and pop the cob into some boiling water, but I am now ready to liven things up and try making Dr. Oliveira's Mexican –Style Corn on the Cob. “The weather is warm, and now is the perfect time for a plant-based barbecue! Veggies are right at home on the grill, and one of the most welcome guests at outdoor parties is corn on the cob. Our Mexican-Style Corn on the Cob enhances this classic side with a spicy avocado paste that is simple to make and kicks the flavor up into the ‘WOW’ zone! This recipe will delight your friends and family, and you will be coming back to it all summer long.”

### Mexican-Style Corn on the Cob

Time: 10 minutes

Cook Time: 20 minutes

Serves 6

<https://ucdintegrativemedicine.com/recipes/mexican-style-corn-on-the-cob/#gs.7hXh3XM>

#### Ingredients:

- 6 corn cobs, fresh, husked
- 1 cup avocado, mashed
- 2 tablespoons lime juice, freshly squeezed
- 1 tablespoon water
- 2 teaspoons garlic, fresh, minced
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- Hot sauce, to taste
- Parsley or cilantro, chopped, for garnish (optional)



#### Directions:

1. Preheat grill to high heat. Place corn on grill and cook until kernels are hot and tender, about 10 minutes, flipping occasionally.
2. Meanwhile, combine mashed avocado, lime juice, water, garlic, smoked paprika, and cayenne pepper in a bowl. Taste and add hot sauce and additional seasonings as desired.
3. Remove corn from grill. Spread spicy avocado paste over corn and top with additional smoked paprika and/or chopped parsley or cilantro. Serve hot.