

EVERYTHING
HERBAL
by Cheryl Jabz



Bubbie's CORN ON THE COB

with Grated Parmesan Cheese

*Sweet, juicy corn grilled to perfection and
finished with a spicy herb butter and
a sprinkle of Parmesan. Pure summer goodness!*



MADE WITH
REAL INGREDIENTS
& HERBS



INGREDIENTS

- * 6 ears fresh corn, husks and silk removed
- * 3 Tbsp unsalted butter, softened
- * 1 Tbsp olive oil
- * 2 garlic cloves, minced
- * 1 tsp smoked paprika
- * 1/2 tsp chili powder
- * 1/4 tsp cayenne, or to taste
- * 1 tsp dried oregano
- * 1/2 tsp dried thyme
- * 1/2 tsp dried basil
- * 1/2 tsp kosher salt
- * 1/4 tsp black pepper
- * 1/2 cup finely grated Parmesan
- * 2 Tbsp chopped fresh parsley or cilantro
- * 1 lime, cut into wedges
- * Red pepper flakes, optional



DIRECTIONS

- 1 Preheat grill to medium-high (400–450°F). Clean and lightly oil the grates.
- 2 In a small bowl, blend the butter, olive oil, garlic, smoked paprika, chili powder, cayenne, oregano, thyme, basil, salt and black pepper.
- 3 Brush the corn with half of the spicy herb butter. Grill, covered, for 10–12 minutes, turning every 2–3 minutes, until tender and lightly charred.
- 4 Transfer the hot corn to a platter. Brush with the remaining herb butter.
- 5 Sprinkle evenly with Parmesan, parsley or cilantro, and optional red pepper flakes. Serve immediately with lime wedges.

SERVING IDEAS



Perfect with
grilled meats,
BBQ chicken
or ribs



Serve with
a cold pasta
salad or slaw



Great for cookouts,
potlucks and
family dinners

BENEFITS OF CORN

-  GOOD SOURCE OF FIBER – Supports healthy digestion.
-  RICH IN ANTIOXIDANTS – Helps protect cells from damage.
-  NATURALLY ENERGY-BOOSTING – Provides complex carbohydrates for lasting fuel.
-  CONTAINS VITAMIN B7 (BIOTIN) – Supports metabolism and nerve function.

HERBAL TIP

Finely grate the Parmesan so it melts
and clings to every hot, buttery
kernel. Omit the cayenne for
a gentler kick.



SERVES: 6



PREP TIME: 15 MINUTES



GRILL TIME: 10–12 MINUTES



TOTAL TIME: 25–27 MINUTES

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