

EVERYTHING Herbal

by Cheryl Jabz

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Fenugreek Butter Corn



BENEFITS

Quick and family-friendly.
Sweet corn pairs beautifully
with fenugreek.

INGREDIENTS

- 4 cups corn kernels
- 2 tbsp butter
- 1/4 tsp ground fenugreek
- 1/4 tsp black pepper
- Pinch of salt

INSTRUCTIONS

- 1 Melt butter in a skillet.
- 2 Add corn and cook 5–7 minutes.
- 3 Stir in fenugreek, pepper, and salt.
- 4 Serve warm.



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