

Garlic-Roasted Corn Snack



1 1/2 tsp garlic powder
1 tsp paprika
1/8 tsp table salt, or to taste

snacks

POINTS® Value: 2

Servings: 4

Preparation Time: 10 min

Cooking Time: 45 min

Level of Difficulty: **Easy**

These roasted kernels make tasty fingerfood. Vary the seasoning to suit your liking: give curry powder, or even cinnamon, a try.

Ingredients

1 Tbsp canola oil, or vegetable oil

4 medium corn on the cob, raw, kernels removed with a knife

Instructions

Preheat oven to 375°F.

Pour oil into a large, sided baking pan. Add corn, garlic powder, paprika and salt; stir to mix.

Bake until crisp, shaking pan occasionally, about 45 minutes. Yields about 1/2 cup per serving.

Notes

Check after 25 minutes to make sure smaller pieces of corn are not burning.

Store any uneaten kernels in an airtight container in the refrigerator for up to 3 days. To re crisp any soft kernels, reheat in oven on a sheet pan until crispy.

Add even greater flavor to this recipe by tossing the corn with flavored vegetable oil such as basil- or chili-flavored oil (for the Flex Plan only).