

Corn with Savory Sauce

2 ears of corn (or as many as you like). Shuck and lightly grill or steam them.

(Corn only needs to be cooked several minutes to retain its taste and nutrients.)

For each ear, mix in a small bowl:

one teaspoon extra virgin cold pressed first pressed olive oil

1/4 teaspoon mild chili powder

1/2 teaspoon garlic granules OR onion granules- live dangerously use both!

Salt to taste

1 TBSP. Labnah - (a drained yoghurt found in Arabic stores also called kefir cheese OR creme fraiche can be used.

Slather on corn and enjoy!

