

Roasted Corn

Ingredients

- 1 cup corn
- 1/2 tsp vegetable oil
- 1/2 tsp garlic, minced
- 1/8 tsp kosher salt
- 1/2 tsp rosemary

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 39 calories, 0.84 g fat, 0.14 g saturated fat, 47 mg sodium, 8.12 g carbohydrate, 1.07 g fiber, 0 g sugar, 1.07 g protein

Directions

1. In a large bowl combine corn, oil, garlic, salt, and rosemary. Mix together until corn is fully coated in oil and seasonings.
2. Pour onto baking sheet lined with parchment paper. Roast in 350° F oven for 15 minutes.

