

Grilled Sunflower Heads

1 sunflower head*

Olive oil

Salt and pepper

Optional toppings such as butter, garlic salt, chopped fresh herbs or your favorite spices.

1. Ready a medium-hot grill.
2. Remove the sunflower's petals and yellow fuzzy flower part. Rinse thoroughly. Brush with plenty of olive oil and season with salt and pepper. Add dry spices.
3. Place the sunflower head face-down on the grill. Cover and cook for 4-6 minutes.
4. Add optional wet or fresh toppings and eat like corn on the cob.

*In late summer, when the sunflower starts to droop and the seeds are still soft is the best time to pick a sunflower head.