

# Colorful Corn Salsa

1 cup fresh or frozen, thawed corn kernels  
2 medium tomatoes, diced  
1/2 cup diced green bell pepper  
1/2 cup diced red or purple bell pepper  
1/4 cup chopped red onion  
3 to 4 tablespoons rice vinegar or apple cider vinegar  
10 fresh basil leaves, thinly sliced

If using fresh corn, blanch it in boiling water for 3 minutes and immediately rinse it under cold water to prevent further cooking.

Combine all of the ingredients in a large bowl and set aside for 15 to 20 minutes to allow the flavors to develop. Serve at room temperature.

Stored in a covered container in the refrigerator, leftover Colorful Corn Salsa will keep for up to 3 days.

Note: For the best flavor, remove the desired portion of leftovers and allow it to come to room temperature before serving. If you are preparing this salsa in advance, wait to add the basil until 15 to 20 minutes before serving, as basil quickly oxidizes.

## Nutrition Information

Per serving (1/4 cup):

13 calories  
0.1 g fat  
0 g saturated fat  
0 mg cholesterol  
  
3 g carbohydrate  
0.5 g fiber  
1.1 g sugar  
0.4 g protein