Colorful Corn Salsa

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

This nutrient-packed salsa is rich in fiber, lycopene, and other antioxidants. Pair it with baked chips or vegetables.

About the Recipe

13 Calories · 0.4 g Protein · 0.5 g Fiber
Snack · Sauce/Dressing/Topping
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 c (166 g) corn, fresh or frozen, or 2 ears of corn
- 2 medium tomatoes, chopped
- 1/4 medium red onion, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 10 fresh basil leaves
- 3 to 4 tbsp (45 to 60 mL) lime juice
- 3 tbsp (45 mL) white vinegar, rice vinegar, or apple cider vinegar

Directions

1. If using fresh corn: Blanch the corn in boiling water for 3 minutes and rinse immediately with cold water so it does not continue to cook.
2. If using frozen corn that has not completely thawed: Blanch it in boiling water for 2 minutes and drain it (immediately rinsing it in cold water) or thaw it in the microwave.

3. In a large bowl, combine all the ingredients and set aside for 15 to 20 minutes to allow the flavors to mix. Serve at room temperature.

Nutrition Facts

Per serving

Calories: 13

Fat: 0.1 g

- Saturated Fat: 0 g
- Calories From Fat: 7.5%

Cholesterol: 0 mg

Protein: 0.4 g

Carbohydrate: 3 g

Sugar: 1.1 g

Fiber: 0.5 g

Sodium: 1 mg

Calcium: 4 mg

Iron: 0.1 mg

Vitamin C: 13.6 mg

Beta-Carotene: 88 mcg

Vitamin E: 0.1 mg