

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

Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- corn, fresh or frozen (1 cup)
- medium tomatoes, chopped (2)
- medium red onion, chopped (1/4 cup)
- green bell pepper, chopped (1/2 cup)
- red bell pepper, chopped (1/2 cup)
- fresh basil leaves (10)
- lime juice (3-4 tbsp.)
- white vinegar, rice or apple cider (3 tbsp.)

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, chop and combine all the vegetables and mix with 3-4 tablespoons (45-60 milliliters) of lime juice and vinegar (can use rice or apple cider vinegar, if preferred). 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