

Fresh Sweet Corn Salad

Serving size: 3/4 cup each; makes 4 servings

Total time: 10 minutes

Ingredients

- 4 medium ears fresh corn, husked, *or* 10 ounce frozen whole-kernel corn, thawed
- 1 tsp olive oil
- 1 cup thin strips orange bell pepper
- 1 cup thinly sliced red onion
- 1/2 tsp kosher salt
- 1/4 tsp ground pepper
- 2 tbsp. thinly sliced fresh basil for garnish



Preparation

1. Cut corn kernels from cobs to get 2 cups.
2. Heat oil in a 10-inch skillet over medium heat. Add the corn, bell pepper, and onion. Cook, stirring, until the bell pepper and onion are tender-crisp, about 5 minutes. Season with salt and pepper.
3. Serve the salad warm or chilled. (Before chilling, drain the vegetables.) Sprinkle with basil before serving, if desired.

Nutritional Information

Per serving

Calories: 104

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Total Carbohydrate: 21 g

Dietary Fiber: 3 g

Sugar: 8 g

Protein: 3 g

Sodium: 155 mg

Adjusted from: Diabetic Living Spring 2018