

## Sweet Corn Salad

submitted by jmfilius



Per serving: 119 Calories • 25.3g Carbs (3.2g Fiber) • 2g Fat • 3.7g Protein

### Ingredients

*Ingredients scaled to: 4 servings*

- 1 tsp **Olive oil** (4.5 grams)
- 1 cup, sliced **Red bell pepper** (92 grams)
- 1 cup, sliced **Onions** (115 grams)
- 1/2 tsp **Salt** (3 grams)
- 1/4 tsp, ground **Pepper** (0.60 grams)
- 2 tbsp, chopped **Basil** (5.3 grams)
- 3 cup **Corn** (408 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Defrost corn according to package directions. Drain and set aside.
2. Heat oil in a 10-inch skillet over medium heat. Add the bell pepper and onion. Cook, stirring, until the bell pepper and onion slightly tender, around 4 minutes. Add in corn and cook an additional 1-2 minutes. Season with salt and pepper.
3. Toss with basil. Serve immediately, or chill in refrigerator and serve cold.