

Corn & Basil Salad



4 servings

Ingredients:

- 5 Ears of corn, shucked and kernels cut off the cob
- 1/2 Cup red onion, diced
- 3 Tbs. cider vinegar
- 1 Tbs. olive oil
- 1/2 Tsp. salt
- 1/2 Tsp. ground black pepper
- 1/2 Cups fresh basil, julienne.

Recipe Source: Foodnetwork

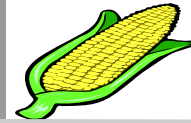
Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010

Preparation:

In a large bowl, combine the corn kernels along with the red onions, vinegar, olive oil, pepper, and salt. Just before serving, add the fresh basil. Taste for seasonings and serve cold or at room temperature.

Nutritional information per 1 cup serving:

Calories 150, Fat 4.5 gm
Carbohydrates 27gm
Fiber 4 gm
Cholesterol 0 mg
Sodium 310 mg.



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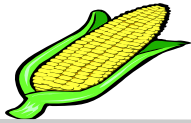
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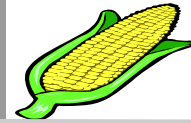
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