

# Tomato Corn Salsa

From – *Moosewood Restaurant Low-Fat Favorites*

1 cup fresh or frozen corn kernels  
2 cups diced tomatoes  
2 Tbsp diced onions  
¼ cup diced bell peppers  
1 Tbsp chopped fresh basil  
½ to 1 fresh green chile, minced  
1 Tbsp fresh lime juice  
1 tsp cider vinegar

- Blanch the corn in boiling water to cover for 1 to 2 minutes, until just tender. Drain.
- In a large bowl, combine all of the ingredients and set aside for 15 to 20 minutes to allow the flavors to develop.
- Add salt, if desired, and serve at room temperature.



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