

Corn Tomato Salad

This simple recipe is a great use for leftover sweet summer corn on the cob. Light and quick, it's a great addition to summer meals.

Recipe by Mathis Duval | Created on **Mar 8, 2022**

Ingredients

- 6 ears corn, husked and cleaned
- 1 red bell pepper, seeded and diced
- ½ red onion, diced
- 1 medium tomato, diced
- ? cup extra virgin olive oil
- ? cup balsamic vinegar
- 1 tablespoon minced garlic
- ground black pepper to taste

Directions

- Place the corn in a large pot with enough water to cover, and bring to a boil. Cook 5 minutes, until kernels are tender but crisp. Drain, cool slightly, and use a knife to scrape kernels from the cobs.
- In a large bowl, mix the corn kernels, red bell pepper, onion, tomato, olive oil, balsamic vinegar, and garlic. Season with pepper. Chill 15 minutes before serving.

Nutrition Facts

Serving: **8 servings** | Calories: **160.6 kcal** | Carbohydrates: **17 g** | Protein: **2.7 g** | Saturated fat: **1.4 g** | Sodium: **14.6 mg** | Fiber: **2.5 g** | Sugar: **5 g**

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