Ingredients
3 cups fresh, canned, or thawed frozen corn
2 Tablespoons olive oil
1 cup minced red onion
2 teaspoons chili powder
1 teaspoon cumin
1 green bell pepper, seeded and diced

1 red bell pepper, seeded and diced
1½ cups seeded and diced tomatoes
4 Tablespoons chopped fresh cilantro
3 Tablespoons cider vinegar
salt and pepper to taste

Instructions
1. In a small sauté pan, warm olive oil over medium heat.
2. Add onion and sauté for a few minutes.
3. Add chili powder and cumin and sauté for 1 minute longer.
4. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix.
5. Add cilantro and vinegar. Toss well to combine.
6. Season to taste with salt and pepper and toss again.
   This recipe is best served at room temperature.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.