6 ears corn husked and cleaned, 3 large tomatoes, 1 large onion, ¼ cup chopped fresh basil, ¼ cup olive oil, 2 tablespoons white vinegar, salt and pepper to taste

calories:305, total fat:15.6g, cholesterol:0mg, sodium :9 mg, carbohydrates:42.8g, protein:6.2g

1.Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.

2.In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.