

# Confetti Corn

Recipe via Food Network [Ina Garten](#) (2008, Barefoot Contessa Back to Basics)



Independence Day brings burgers, beers, and fireworks to mind. We love a summer side, and a beautiful one is even better.

Corn, bell peppers and red onion liven up this dish. The herbs add great color and flavor to this can't-miss side.

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Prep Time: 15 min

Cook Time: 15 min

Yield: Serves: 6

## INGREDIENTS

2 Tbs. good olive oil  
½ cup red onion  
1 small orange bell pepper  
2 Tbs. unsalted butter  
1 ½ tsp. Kosher salt, (or to taste)  
1 tsp. freshly ground black pepper  
2 Tbs. julienned fresh basil, minced  
fresh chives, and/or minced fresh  
parsley leaves



## DIRECTIONS

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes.
2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

## NUTRITION

Serving size: about 1 cup

Calories:	157
Fat:	9/5 g
Saturated fat:	3 g
Protein:	3 g
Carbohydrate:	18 g
Fiber:	2 g
Sugar:	6 g
Iron:	1mg