



**PennState**  
College of Health and  
Human Development

**Nutritional Sciences**



**Black Bean and Pepper Salsa**

# Black Bean and Pepper Salsa

This makes a great summer dip for tortilla chips or even as a topping for baked potatoes or grilled chicken.

## INGREDIENTS:

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- 1 15.5-ounce can black beans, rinsed and drained
- ¾ cup frozen white shoepeg corn
- ¾ cup diced fresh tomato
- 1 green onion (scallion), thinly sliced
- 1 medium green bell pepper, seeded and diced
- 1 medium yellow or orange pepper, seeded and diced
- 2 tablespoons olive oil
- ¼ cup red wine vinegar
- 1½ teaspoon Worcestershire sauce
- 1½ teaspoon Tabasco sauce
- 1 teaspoon ground cumin
- Salt and ground white pepper to taste

## DIRECTIONS:

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Combine all ingredients in bowl. For best results, allow the salsa to sit for at least an hour, stirring occasionally, to allow flavors to blend. This salsa will last in the refrigerator for at least 3 days.

Once the salsa is prepared, take a photo and share it with us on social media by tagging [@pennstateNUTR](#).

Recipe from the New York Times #1 best-selling "The Ultimate Volumetrics Diet" by Penn State Nutritional Sciences faculty member Barbara Rolls.