

# Salads made better!

Pompeian premium olive oils and vinegars are what better salads are all about. Pompeian not only adds great taste, but also adds heart-healthy benefits. And that's why we say, "Pompeian makes every day better!"

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## Black Bean, Edamame and Wheat Berry Salad Serves 6 (3/4-cup servings)

### Ingredients

- 4 cups water
- 1/2 cup dry wheat berries
- 1/2 of a 15-ounce can of black beans, rinsed and drained
- 1 cup frozen, shelled edamame, thawed
- 1 cup chopped tomato
- 1/2 cup finely chopped red onion
- 3 Tbsp. Pompeian Extra Virgin Olive Oil or OlivExtra® Plus
- 2 Tbsp. Pompeian Red Wine Vinegar
- Salt and black pepper to taste

### Preparation

Combine water and wheat berries in a medium saucepan, bring to a boil. Reduce heat, cover and simmer 55 minutes or until wheat berries are tender. Place in a fine mesh strainer, run under cold water to cool quickly, drain. Combine the wheat berries with the remaining ingredients in a medium bowl. Serve immediately or cover with plastic wrap and refrigerate up to 8 hours in advance.



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