

Zucchini Bread Recipes

Italian Salad Recipe

Fresh Italian Salad with veggies, olives, and tangy dressing, perfect for a healthy lunch or side.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	**Salad** Course

Ingredients

Main Salad

- [ ] 2 cups mixed greens (such as romaine and arugula)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, thinly sliced
- [ ] 1/2 cup black olives, pitted and sliced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/4 cup fresh basil leaves, torn

Lemon-Herb Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey (optional)
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash and dry all vegetables; slice the cucumber and halve the tomatoes.



2. In a small bowl, whisk together olive oil, lemon juice, zest, honey, oregano, salt, and pepper until emulsified.



3. Place greens in a large bowl, add tomatoes, cucumber, olives, onion, and basil.



4 Drizzle the vinaigrette over the salad, toss gently to coat, and serve immediately.



Nutrition per serving

150 kcal	4 g	12 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, increase the honey by a half teaspoon.
- Add a splash of red wine vinegar for extra tang.
- For a heartier version, include grilled chicken or roasted chickpeas.