Zucchini Bread Recipes

Simple Italian Salad - Easy Healthy Side Dish

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	**Salad** Course

Ingredients

Salad Base

- [ ] 2 cups arugula leaves, washed and dried
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 medium cucumber, thinly sliced
- [ ] 1/4 cup thinly sliced red onion

Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 1 tbsp balsamic vinegar
- [ ] 1 tsp fresh lemon juice
- [ ] 1/2 tsp honey
- [ ] Salt and freshly cracked black pepper to taste

Optional Topping

- [ ] 2 tbsp crumbled feta cheese
- [ ] 1 tbsp toasted pine nuts

Instructions

1. Gather all vegetables, wash them gently, then pat dry with a clean kitchen towel.

2. Halve the cherry tomatoes, slice the cucumber, and thinly slice the red onion; place everything in a large mixing bowl with the arugula.

3. In a small jar, combine olive oil, balsamic vinegar, lemon juice, honey, salt, and pepper; shake vigorously until emulsified.

4. Drizzle the vinaigrette over the salad, toss gently until all leaves are lightly coated.

5 Scatter feta and pine nuts on top if using, then serve immediately.

Nutrition per serving

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

Tips & notes

- If the tomatoes are very juicy, halve them and gently squeeze to release excess water.
- Taste the dressing before adding; adjust salt or lemon to suit your palate.
- For a heartier version, add cooked quinoa or lentils.