

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.