

# Easy Italian Tomato Salad with Heirloom Tomatoes

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## **The Simple Italian Tomato Salad That Barely Needs a Recipe**

Some of the best Italian recipes are the simplest ones, and this Italian tomato salad is proof. When tomatoes are perfectly ripe and in season, all you really need is good olive oil, fresh basil, oregano, salt, and black pepper.

This is the kind of rustic Italian side dish that shows up all summer long alongside grilled meats, crusty bread, pasta, or seafood dinners. It's fresh, light, and tastes like summer in Italy with almost no effort at all.

If you have beautiful heirloom tomatoes on your counter, this is exactly what to make.

# Things to know about this Easy Italian Tomato Salad with Heirloom Tomatoes

## Tips for the Best Tomato Salad

- Use the ripest tomatoes you can find. Summer heirloom tomatoes have the best flavor.
  - Use high-quality extra virgin olive oil since the dressing is so simple.
  - Don't refrigerate tomatoes before making the salad – it dulls the flavor.
  - Finish with flaky sea salt for extra flavor and texture.
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## Variations

### Add Mozzarella

Turn it into a Caprese-inspired tomato salad with fresh mozzarella slices.

### Add Olives

Kalamata or Castelvetrano olives add a salty Mediterranean flavor.

### Add Cucumbers

For extra freshness and crunch, toss in sliced cucumbers.

### Make it Sicilian-Inspired

Add red onions, capers, and a splash of red wine vinegar.

# Storage

This salad is best enjoyed fresh, but leftovers can be stored in an airtight container in the refrigerator for up to 1 day. The tomatoes will soften and release more juices as they sit.

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## Frequently Asked Questions

### What tomatoes are best for tomato salad?

Heirloom tomatoes are ideal because they're juicy, sweet, and full of flavor, but Roma or vine-ripened tomatoes also work well.

### Can I make this ahead of time?

You can slice the tomatoes ahead of time, but wait to season them until just before serving for the freshest flavor.

### Is Italian tomato salad the same as Caprese salad?

Not exactly. Caprese salad includes mozzarella cheese, while a traditional Italian tomato salad keeps the focus mainly on the tomatoes, olive oil, basil, and seasonings.

## What to Serve with Italian Tomato Salad

- Thin no knead Focaccia rolls
- Easy Sicilian Potato salad (no mayo)
- Crispy chicken cutlets
- Italian pesto fusilli pasta salad
- Acqua pazza Fish in crazy water

# Easy Italian Tomato Salad with Heirloom Tomatoes



Easy Italian tomato salad made with heirloom tomatoes, fresh basil, oregano, and extra virgin olive oil. A simple, authentic summer side dish ready in minutes.

- 4 -5 large large heirloom tomatoes, sliced
  - 4 Tbsp extra virgin olive oil
  - 2 Tsp dried oregano
  - 1/2 cup Thinly sliced red onions
  - 5-6 Fresh basil leaves
  - salt and freshly ground black pepper to taste
1. Slice the heirloom tomatoes and arrange them on a large serving platter or bowl.
  2. top with the sliced red onions
  3. Drizzle generously with extra virgin olive oil.
  4. Sprinkle with oregano, salt, and black pepper.
  5. Top with fresh basil leaves.

6. Let the salad sit for about 10 minutes before serving so the flavors can come together.

Salad

Italian

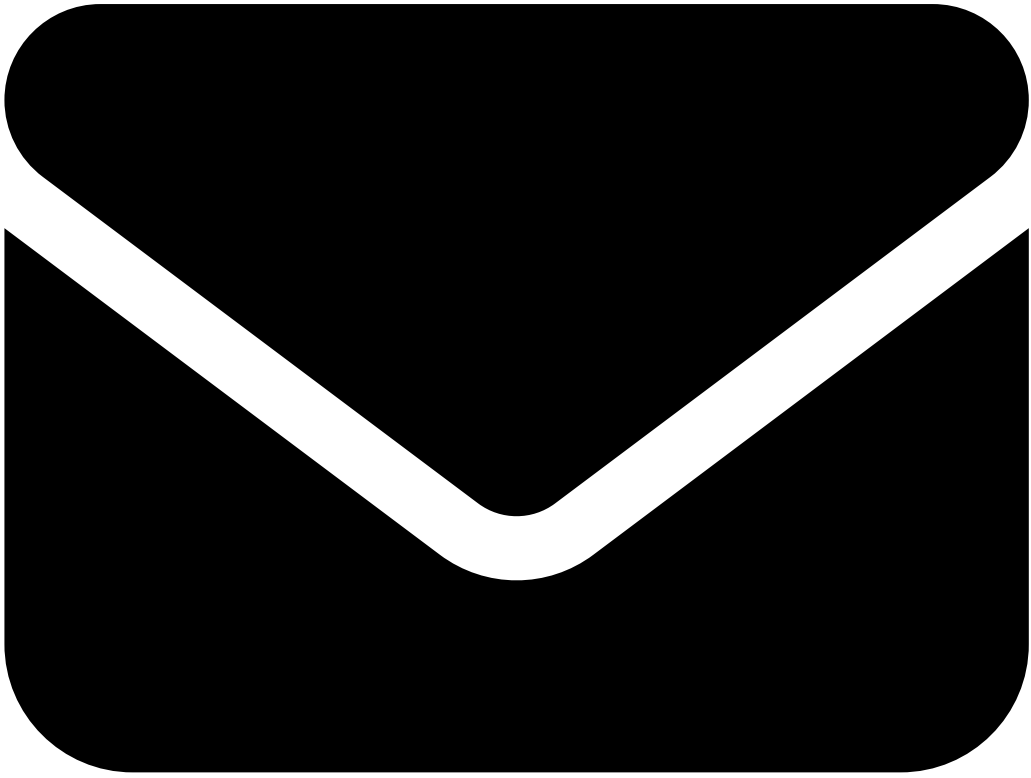
best heirloom tomato salad recipe Italian

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# Chopped Peach Caprese Salad with Italian Vinaigrette

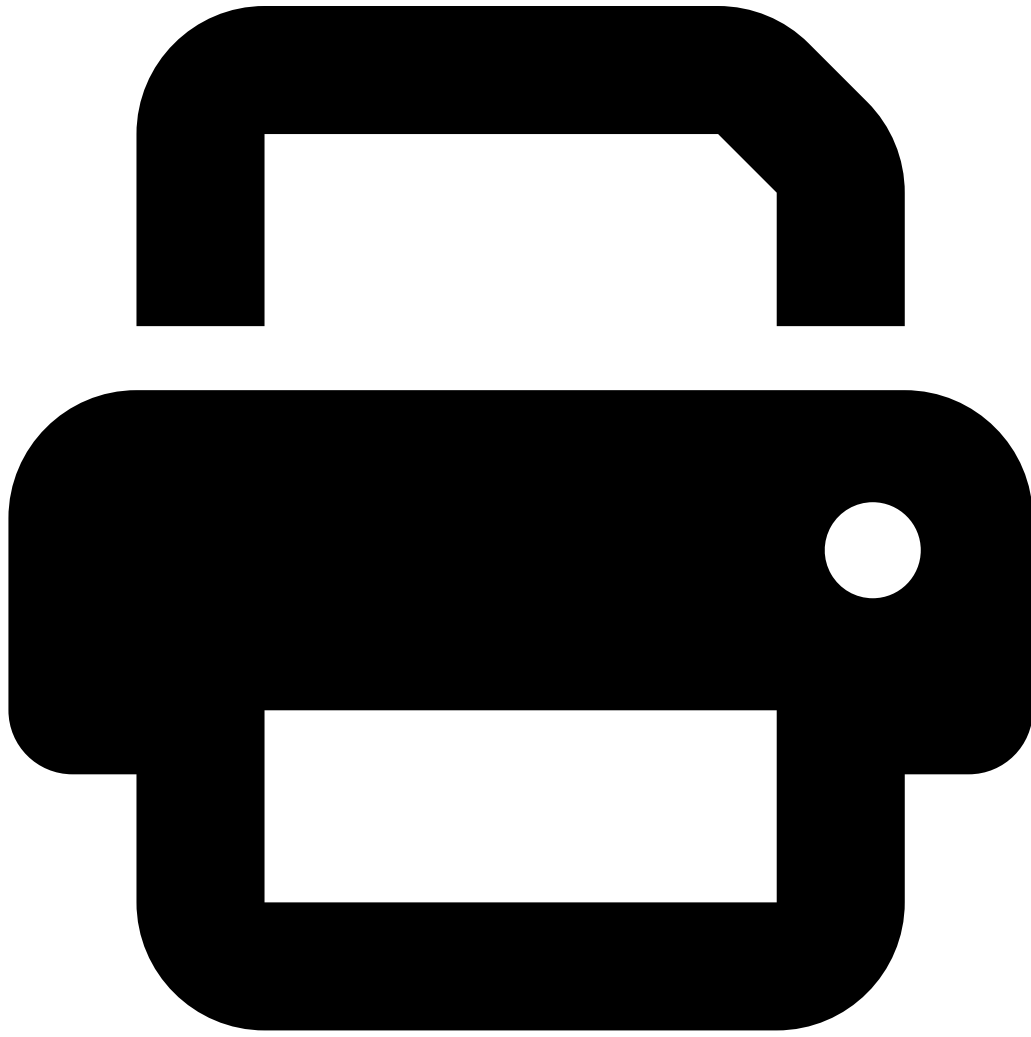
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Sweet summer peaches, juicy tomatoes, creamy mozzarella, and fresh basil come together in this fresh and flavorful chopped peach caprese salad with Italian vinaigrette. Tossed in a homemade honey Italian dressing, this easy summer salad is perfect for cookouts, light lunches, and warm evenings when you want something simple, colorful, and full of fresh Italian-inspired flavor.

**Things to know about this Chopped Peach Caprese Salad with Italian Vinaigrette**

**Tips for the Best Peach Caprese**

# Salad

- Use ripe but slightly firm peaches for the best texture.
- Fresh mozzarella pearls make this salad easy to serve and eat.
- Add sliced prosciutto for a salty Italian-inspired addition.
- For extra crunch, top with toasted pistachios or pine nuts.

## Storage

This salad is best enjoyed fresh but can be stored in an airtight container in the refrigerator for up to 1 day. The peaches and tomatoes will release extra juices as the salad sits.

## Good to Know

- Nectarines can be substituted for peaches.
- Burrata works beautifully if you want a creamier caprese-style salad.
- This salad pairs perfectly with grilled chicken, seafood, or crusty Italian bread.

Pair this **Chopped Peach Caprese Salad with Italian Vinaigrette** with some of my favorite Italian-inspired summer recipes:

- Try it alongside my **One-Pan Chicken Pepperonata** for an easy summer dinner.
- Serve it with my fresh **Italian Olive Oil Dip and Marinade** and crusty bread for entertaining.
- Add a side of **Oven Baked Tomatoes Oreganata** for a full Italian-style summer spread.
- Love fresh summer salads? You'll also enjoy my Easy

Sicilian potato salad ( no mayo)

- Finish the meal with a refreshing **Amalfi Coast Lemon Tiramisu** for the perfect warm-weather dessert.

## **Chopped Peach Caprese Salad with Italian Vinaigrette**



This chopped peach caprese salad with Italian vinaigrette is a fresh and easy summer salad made with juicy peaches, tomatoes, mozzarella, basil, and a homemade honey Italian dressing. Perfect for cookouts, lunches, and warm-weather entertaining.

- 3 ripe but firm peaches chopped
- 2 cups cherry tomatoes halved
- 8 oz. fresh mozzarella pearls or chopped fresh mozzarella
- 1/2 cup sliced red onions
- 1/2 cup fresh basil, torn
- Optional: arugula or mixed greens

### **For the Italian Vinaigrette**

- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 Tbsp. honey
- 1 small garlic clove, grated

- 2 tsp Italian seasoning
  - Salt and black pepper, to taste
1. Add the chopped peaches, cherry tomatoes, mozzarella, red onion, and basil to a large serving bowl.
  2. In a small bowl or jar, whisk together the olive oil, red wine vinegar, honey, garlic, Italian seasoning, salt, and black pepper until fully combined.
  3. Pour the Italian vinaigrette over the salad and gently toss to coat.
  4. Let the salad sit for about 10 minutes before serving to allow the flavors to blend together.
  5. Garnish with extra basil, flaky salt, or a drizzle of balsamic glaze if desired.<sup>265</sup>

Salad

Italian

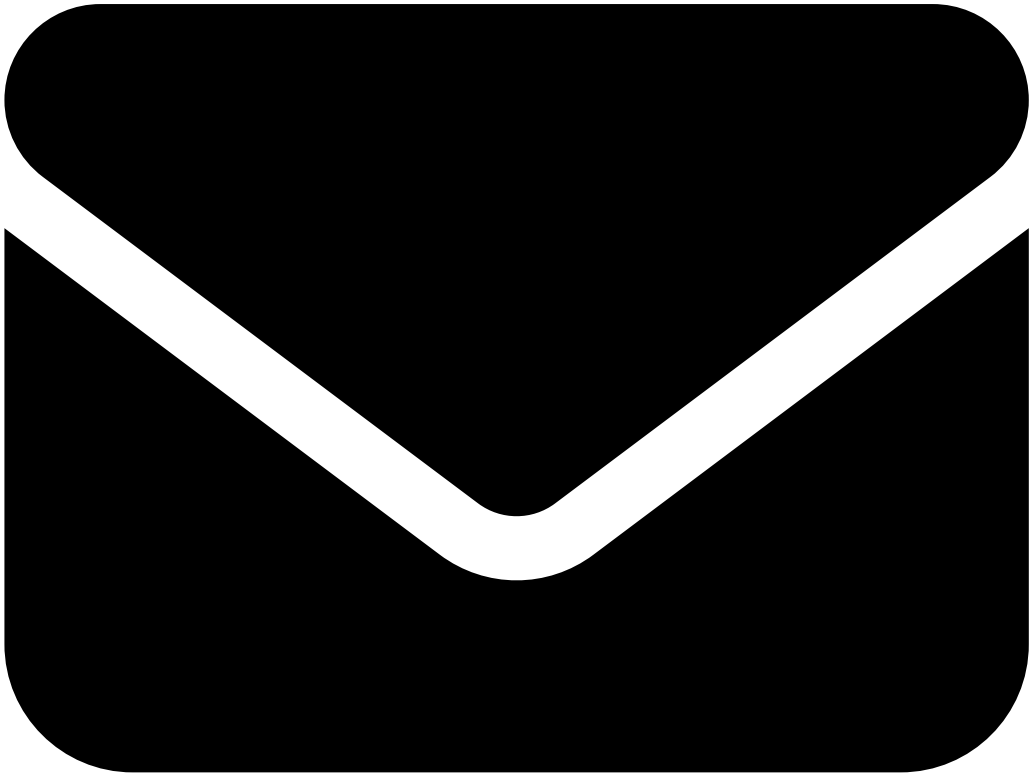
chopped peach caprese salad with Italian vinaigrette

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## **15 Italian Summer Salads You'll Want to Make All Year**

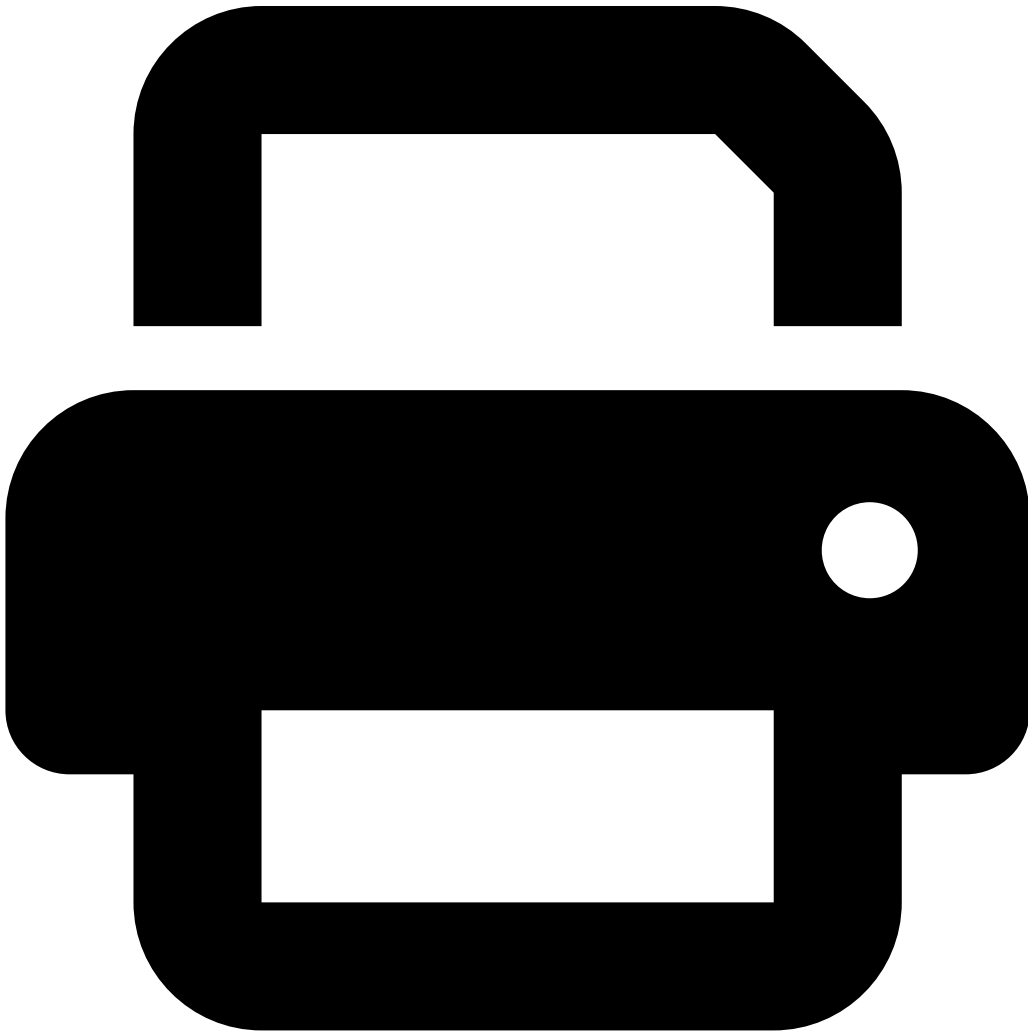
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Italian salads are all about simplicity, seasonality, and bold fresh flavor. Growing up around Italian cooking, salads were never just an afterthought on the table. From simple tomato salads in the summer to hearty pasta salads for family gatherings, they always brought freshness and balance to the meal.

This collection of Italian salads includes everything from rustic Tuscan classics to pasta salads, seafood-inspired dishes, and fresh summer favorites made with ingredients like tomatoes, mozzarella, basil, olives, beans, and roasted vegetables. Whether you're looking for an easy side dish, a light lunch, or something to bring to a summer gathering, these Italian-inspired salads are recipes you'll come back to all year long.

## **Easy Summer Caprese Tomato Salad**

Caprese salad is one of the most iconic Italian salads, made with juicy tomatoes, fresh mozzarella, basil, olive oil, and a sprinkle of salt. It's proof that simple ingredients can create something unforgettable.

This fresh summer salad comes together in minutes and is perfect for warm-weather dinners, backyard gatherings, or an easy appetizer.

[GO TO RECIPE](#)

## **Watermelon Cucumber Feta Salad**

This watermelon cucumber feta salad is refreshing, crisp, and perfect for hot summer days. Sweet watermelon pairs beautifully with salty feta, crunchy cucumbers, and fresh herbs for a salad that feels light and cooling.

It's a great addition to cookouts, picnics, and outdoor dinners when you want something bright and fresh.

[GO TO RECIPE](#)

## **Quick Italian Bread Salad (Panzanella)**

This classic Tuscan bread salad is one of the best ways to use up ripe summer tomatoes and day-old bread. The bread soaks up the garlicky vinaigrette and tomato juices, creating a rustic salad that feels simple but incredibly flavorful.

Panzanella is perfect during tomato season and works beautifully as a light lunch, picnic dish, or side for grilled meats and seafood.

[GO TO RECIPE](#)

# Italian Chickpea Cucumber Tomato Salad

This Italian-inspired chickpea salad combines crisp cucumbers, juicy tomatoes, herbs, and hearty chickpeas for a fresh and protein-packed dish. It has Mediterranean flavors with a simple vinaigrette that keeps everything light and vibrant.

It's an easy make-ahead salad for lunches, potlucks, or summer dinners when you want something refreshing but satisfying.

[GO TO RECIPE](#)

# Rustic Italian Roasted Pepper Salad

Roasted pepper salad is a simple Italian side dish that highlights sweet roasted peppers, olive oil, garlic, and herbs. The flavors deepen as the salad sits, making it even better after a little time in the fridge.

This colorful salad pairs beautifully with grilled meats, crusty bread, or antipasto platters and is especially popular during summer entertaining.

[GO TO RECIPE](#)

# Peach Caprese Salad with Fresh Mozzarella

Peach caprese salad is a sweet summer twist on the classic Italian caprese. Juicy peaches pair beautifully with creamy mozzarella, fresh basil, and olive oil for a salad that feels elegant but effortless.

This salad is perfect during peak peach season and works well as an appetizer, side dish, or light lunch.

GO TO RECIPE

## **Easy Sicilian Potato Salad(no mayo)**

Easy Sicilian Potato Salad (No Mayo) is a light, authentic Italian side dish made with tender potatoes, olive oil, capers, and fresh herbs. Simple, flavorful, and perfect for summer gatherings, this traditional Mediterranean recipe is a fresh twist on classic potato salad.[GO TO RECIPE](#)

## **Tomato and Cucumber Salad**

Tomato and cucumber salad is one of the simplest and freshest Italian-inspired side dishes you can make. With ripe tomatoes, crisp cucumbers, olive oil, herbs, and vinegar, it lets fresh summer produce shine.

This easy salad pairs with almost any meal and comes together in just minutes, making it perfect for everyday summer cooking.

[GO TO RECIPE](#)

## **Pesto Tortellini Pasta Salad**

Tortellini pasta salad is a heartier Italian-inspired salad filled with cheesy pasta, pesto, fresh vegetables, and plenty of flavor. It's rich enough to serve as a main dish but still light and fresh enough for summer gatherings.

This is one of those pasta salads that always disappears quickly at potlucks and family dinners.

[GO TO RECIPE](#)

## **Summer Orzo Salad with Italian Vinaigrette (Easy & Fresh Recipe)**

This summer orzo salad is loaded with fresh cucumber, tomatoes, peppers, red onion, and mozzarella, all tossed in a simple Italian vinaigrette. Perfect for BBQs, meal prep, or a light summer lunch.

[GO TO RECIPE](#)

## **Zucchini alla Scapece**

Zucchini alla Scapece is a Southern Italian zucchini salad made with fried zucchini, vinegar, garlic, and fresh mint. The zucchini marinates as it rests, creating bold flavor with very simple ingredients.

This dish is delicious served cold or at room temperature and is one of the best Italian summer side dishes.

## [GO TO RECIPE](#) **Italian Pesto Fusilli Pasta Salad**

This pesto fusilli pasta salad is fresh, herbaceous, and full of classic Italian flavors. The twisted pasta holds onto the pesto perfectly while tomatoes, mozzarella, and fresh basil add brightness and texture.

It's a crowd-friendly pasta salad that works for BBQs, meal prep, summer lunches, and easy weeknight dinners.

## [GO TO RECIPE](#) **Easy Summer Italian Cobb Pasta Salad**

This Italian-style cobb pasta salad combines fresh vegetables, pasta, cheese, and savory toppings into one colorful and satisfying dish. It takes inspiration from classic cobb salad while adding Mediterranean and Italian flavors.

It's ideal for meal prep, summer parties, and busy nights when you want a full meal in one bowl.

[GO TO RECIPE](#)

## **Roasted Zucchini Panzanella Salad Recipe**

This roasted zucchini Panzanella salad is rustic, simple, and the perfect way to let those garden veggies shine. With toasted bread, juicy tomatoes, and a punchy vinaigrette, it's everything I love about summer on a plate.

[GO TO RECIPE](#)

## **One-Pan Orzo with summer vegetables**

This one-pan orzo with summer vegetables is light, fresh, and packed with Italian-inspired flavor. Made with tender orzo, zucchini, tomatoes, peppers, and herbs, it's a simple dish that works beautifully as both a warm side dish or a chilled pasta salad.

The vegetables soften and release their flavor into the orzo as everything cooks together, creating an easy summer recipe that's perfect for weeknight dinners, meal prep, picnics, or outdoor gatherings. Serve it warm straight from the pan or cold as a refreshing summer pasta salad.

## **Finale Thoughts**

From fresh tomato salads and rustic bread salads to hearty pasta salads and seasonal vegetable dishes, Italian salads prove that simple ingredients can create incredible flavor. Whether you're planning a summer gathering, looking for an easy side dish, or putting together a light lunch, these recipes bring together the fresh, vibrant flavors that make Italian-inspired cooking so timeless.

Keep this roundup bookmarked for warm-weather dinners, holiday tables, potlucks, and everyday meals throughout the year. With everything from classic caprese to pasta salads and vegetable-

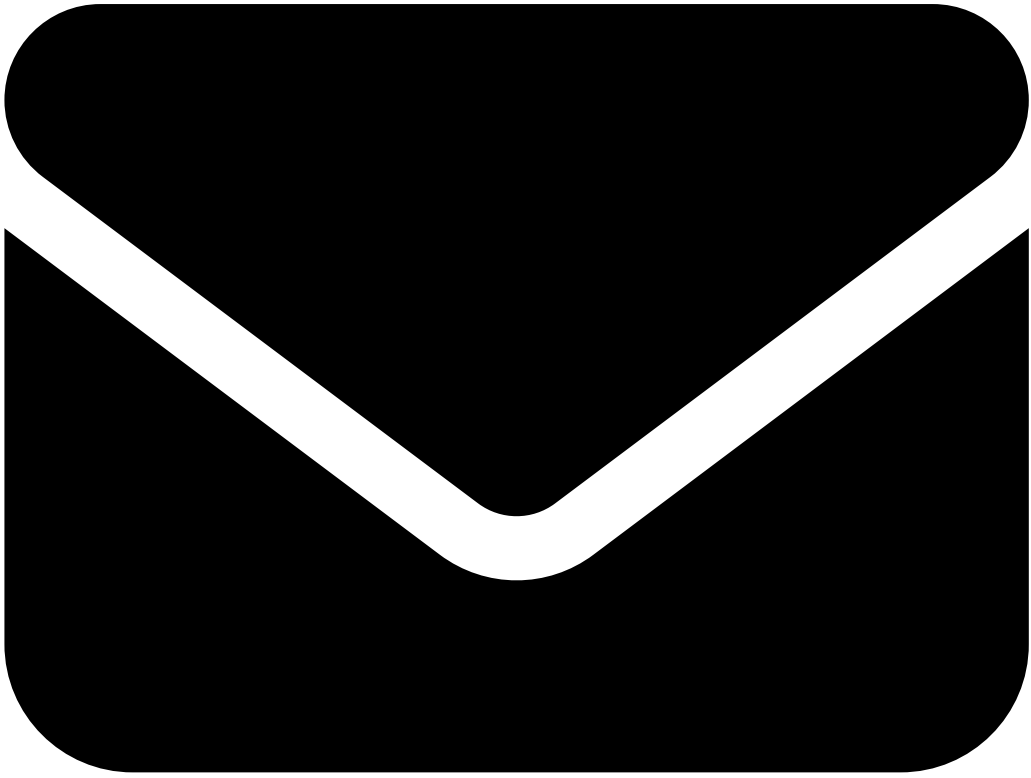
forward favorites, there's an Italian salad here for every season and occasion.

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## **Summer Orzo Salad with Italian Vinaigrette (Easy & Fresh Recipe)**

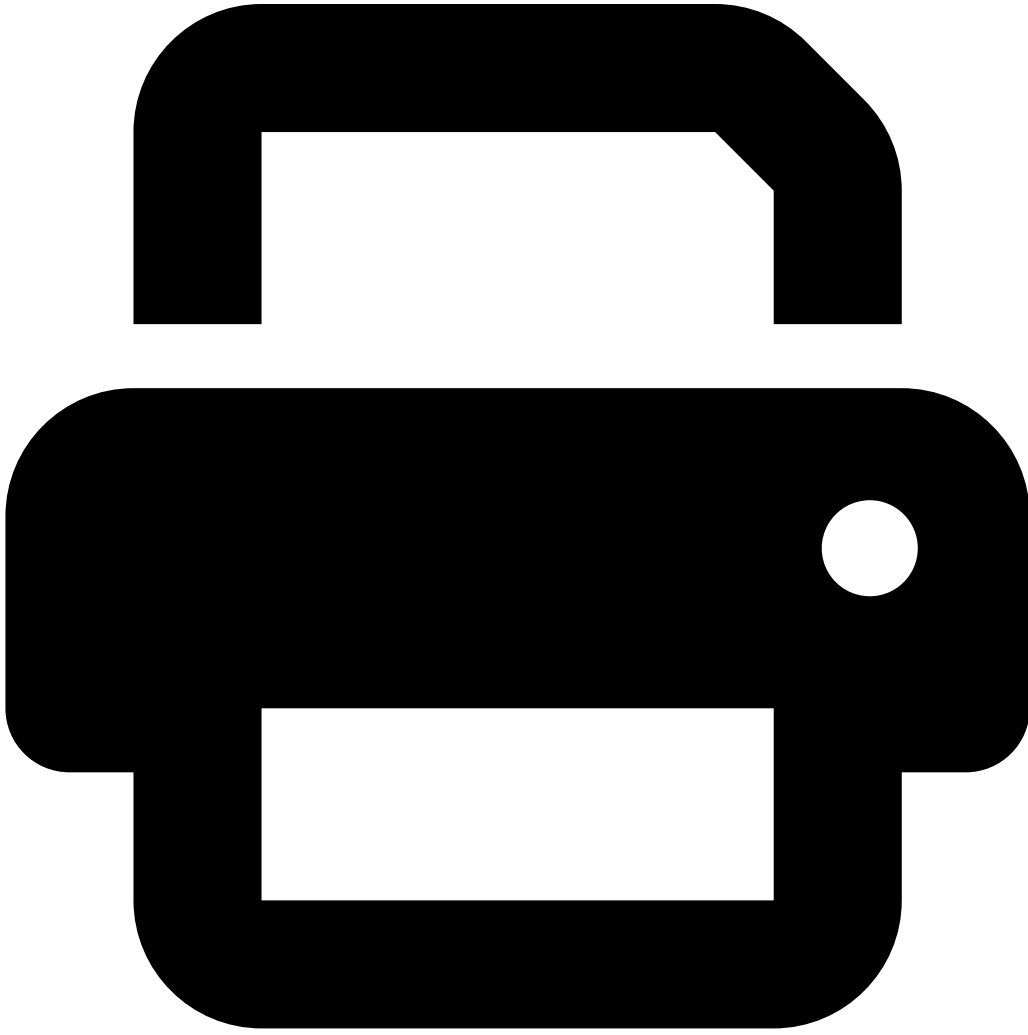
**Summer Orzo Salad with Italian Vinaigrette (Easy & Fresh Recipe)** This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











This is one of those “clean out the fridge but make it Italian” kind of meals. I love how the orzo soaks up the vinaigrette while still staying light, and the mix of crunchy cucumber, sweet tomatoes, and peppers keeps every bite interesting.

The mozzarella makes it feel a little more filling without weighing it down, and honestly, it’s one of those salads that tastes even better after it sits for a bit in the fridge.

Perfect for meal prep, BBQs, or just those nights when it’s too hot to cook anything complicated.

**Things to know about Summer Orzo**

# Salad with Italian Vinaigrette recipe

This orzo salad is one of those recipes that gets better as it sits. The pasta soaks up the Italian vinaigrette, so the flavor deepens after a little time in the fridge. If you're making it ahead, I like to reserve a small splash of dressing to toss in right before serving to freshen it up.

You can also easily switch things up here—add grilled chicken, salami, chickpeas, or whatever vegetables you need to use up. It's very flexible and forgiving.

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## Storage

Store leftovers in an airtight container in the refrigerator for up to **3–4 days**.

If the salad feels a little dry after chilling, just drizzle in a bit of olive oil or extra vinaigrette and toss before serving.

I don't recommend freezing this one—the texture of the vegetables and mozzarella won't hold up well.

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## Serving Tips

Serve it cold or slightly chilled. It's perfect for BBQs, picnics, meal prep lunches, or as a fresh side dish next to grilled chicken or fish.

If you loved this summer orzo salad, you'll also love a few of my other fresh Italian-inspired favorites:

- Try my **Italian Potato Salad (No Mayo)** for another light and flavorful side dish
- Or my **Zucchini Pasta with Tomatoes** for an easy weeknight dinner
- And if you're building a summer menu, don't miss my **15 Light & Fresh Italian Summer Recipes** roundup

For more recipes like this, make sure to check out the full blog and save this one for your next cookout—it's a repeat all summer long.

## Summer Orzo Salad with Italian Vinaigrette (Easy & Fresh Recipe)



This summer orzo salad is loaded with fresh cucumber, tomatoes, peppers, red onion, and mozzarella, all tossed in a simple Italian vinaigrette. Perfect for BBQs, meal prep, or a light summer lunch.

- 2 cups dried orzo
- 1 cup cucumbers cut into small dice

- 1 cup cherry tomatoes cut into small dice
- 1 cup green bell peppers cut into small dice
- 1 cup red bell peppers cut into small dice
- 1 cup mozzarella pearls (or cubed fresh mozzarella)
- 1/2 cup red onion cut into small dice
- salt and pepper to taste

## **Italian Vinaigrette**

- 1 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 Tbsp. dried oregano
- 2 tsp. minced garlic
- 2 tsp Dijon mustard
- salt and pepper to taste

1. Cook the orzo according to package directions until al dente. Drain and let cool
2. While the orzo cools, prep all the vegetables.
3. In a small bowl or jar, whisk together all vinaigrette ingredients until well combined.
4. In a large bowl, combine the cooled orzo, cucumber, tomatoes, bell pepper, red onion, and mozzarella.
5. Pour the vinaigrette over everything and toss until fully coated.
6. Taste and adjust seasoning if needed. Chill for 15–30 minutes before serving if you want the flavors to really come together.

Side Dish

Italian

easy summer orzo salad with Italian dressing

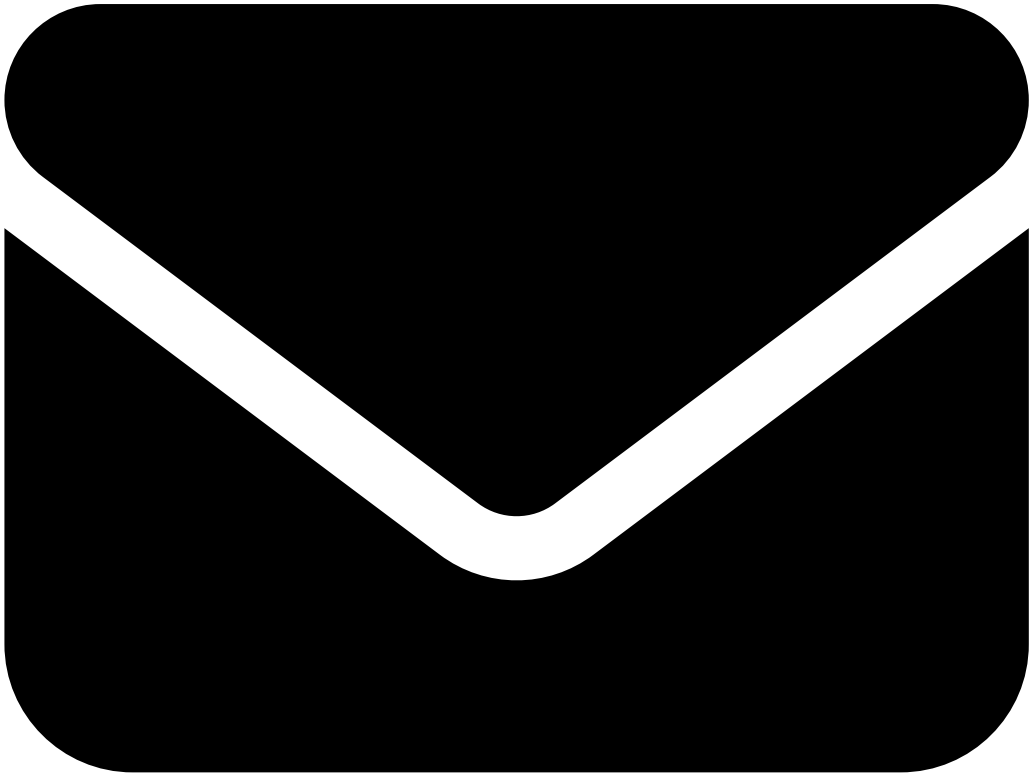
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# Easy Sicilian Potato Salad (No Mayo )

## Sicilian Potato Salad ( no mayo)

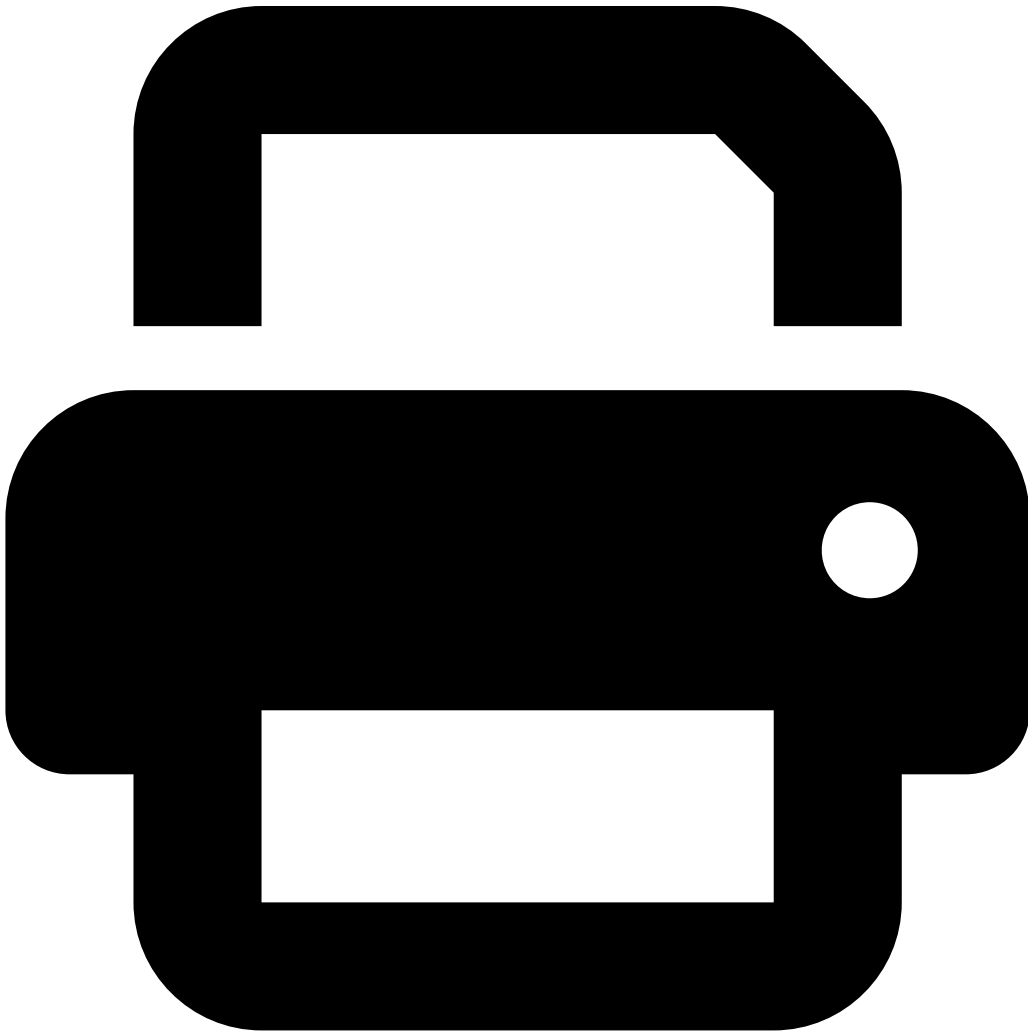
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Although I come from Tuscany, Sicilian potato salad was something I grew up eating at so many family gatherings and summer meals. Italian cooking has a beautiful way of traveling from one region to another, and dishes like this become part of family traditions no matter where you're from. This Sicilian potato salad is simple, rustic, and full of Mediterranean flavor – tender potatoes tossed with olive oil, capers, red onion, and fresh herbs instead of heavy mayonnaise. It's the kind of dish that always appeared on warm-weather tables alongside grilled meats, seafood, and plenty of crusty bread.

Unlike the creamy American versions, Sicilian potato salad is bright, rustic, and made for warm weather tables. Tender potatoes are tossed with olive oil, red onion, fresh herbs, capers, and a splash of vinegar for a salad that tastes even better after it sits awhile. It's the kind of dish you'd find at a summer gathering in Southern Italy – simple ingredients,

bold flavor, and no mayonnaise in sight.

This Sicilian potato salad is perfect alongside grilled meats, seafood, or tucked into an antipasto spread. The combination of briny capers, fresh parsley, and oregano gives it that unmistakable Mediterranean flavor while the potatoes soak up every bit of the dressing.

## **Things to know about this Easy Sicilian Potato Salad (No Mayo) recipe**

### **Tips for the Best Potato Salad**

- Use waxy potatoes like Yukon Golds for the best texture
- Dress the potatoes while warm for maximum flavor
- Let the salad rest before serving
- Use good-quality olive oil – it makes a big difference
- Add olives or anchovies for an even more Sicilian touch

### **Serving Suggestions**

This salad pairs beautifully with grilled chicken, seafood, sausages, or roasted vegetables. It also makes a wonderful addition to an Italian-style picnic table with crusty bread and marinated vegetables.

### **Frequently Asked Questions**

## Can I make Sicilian potato salad ahead of time?

Yes. In fact, it tastes even better after a few hours in the refrigerator.

## Does Sicilian potato salad contain mayonnaise?

Traditionally, no. Sicilian potato salad is olive oil-based with vinegar or lemon juice.

## What potatoes work best?

Yukon Gold or red potatoes hold their shape well and have a creamy texture.

## Final Thoughts

Sicilian potato salad is proof that the simplest ingredients often make the most memorable dishes. Fresh herbs, olive oil, tangy vinegar, and perfectly cooked potatoes come together in a salad that feels both comforting and refreshing – exactly the kind of food meant to be shared around a summer table.

If you try this Easy Sicilian Potato Salad (No Mayo), let me know how it turns out in the comments! I love seeing your versions.

For more simple Italian sides, check out my

- ☐ Roasted Potatoes
- ☐ Italian cold Pasta Salad

And if you're building a full meal, this pairs perfectly with my

- ☐ Italian Lemon Chicken

Full recipe is on the blog – don't forget to save it for summer!

## Easy Sicilian Potato Salad (No Mayo)



Easy Sicilian Potato Salad (No Mayo) is a light, authentic Italian side dish made with tender potatoes, olive oil, capers, and fresh herbs. Simple, flavorful, and perfect for summer gatherings, this traditional Mediterranean recipe is a fresh twist on classic potato salad.

- 2 lbs. Yukon Gold potatoes, cut into chunks
- 1 cup thinly sliced red onions
- 1/2 cup capers
- 1 cup cherry tomatoes cut in half
- 1 cup pitted kalamata olives (whole or sliced your preference)
- 1/3 cup chopped Italian parsley
- 1/3 cup torn fresh basil
- 1 Tbsp oregano fresh or dried
- 1 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- salt and pepper to taste

1. Place the potatoes in a large pot and cover with cold salted water. Bring to a boil and cook until fork tender, about 12–15 minutes. Drain well.
2. While the potatoes cook, make the dressing directly in a large serving bowl. Add the olive oil, red wine vinegar, salt, black pepper, basil, capers, sliced red onion, parsley, and oregano. Stir everything together.
3. Add the warm potatoes to the bowl and gently toss until fully coated in the dressing.
4. Let the salad sit for at least 20 minutes before serving so the potatoes absorb all the flavors.

Side Dish

Italian

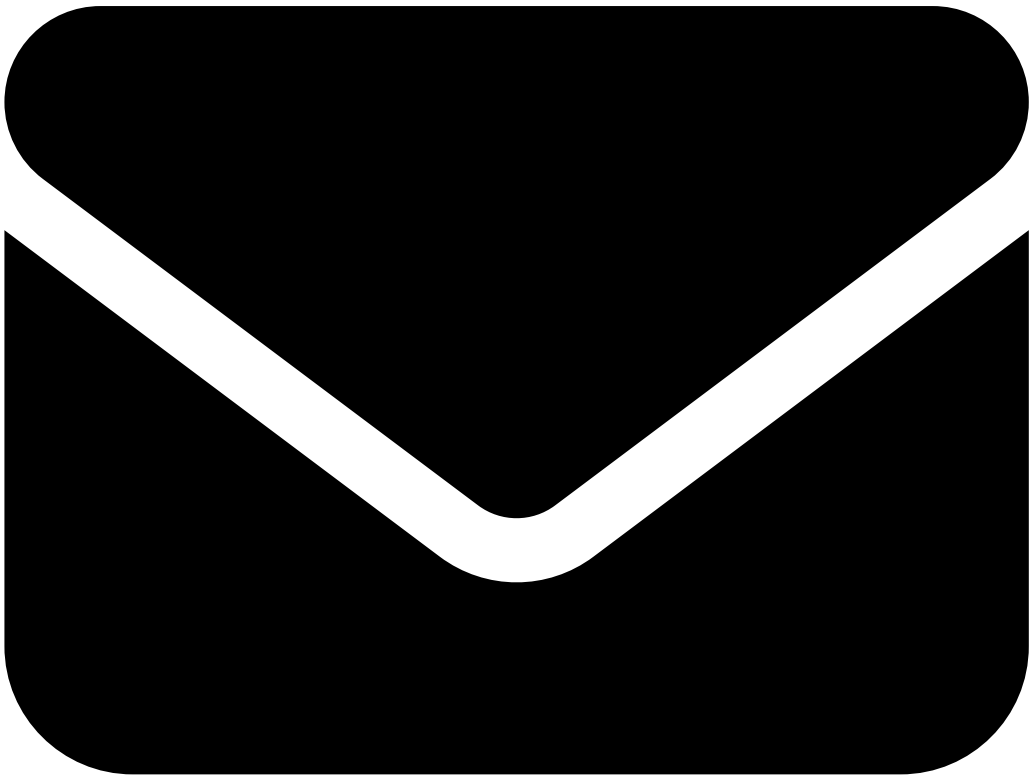
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## Light & Fresh Italian Recipes for Summer

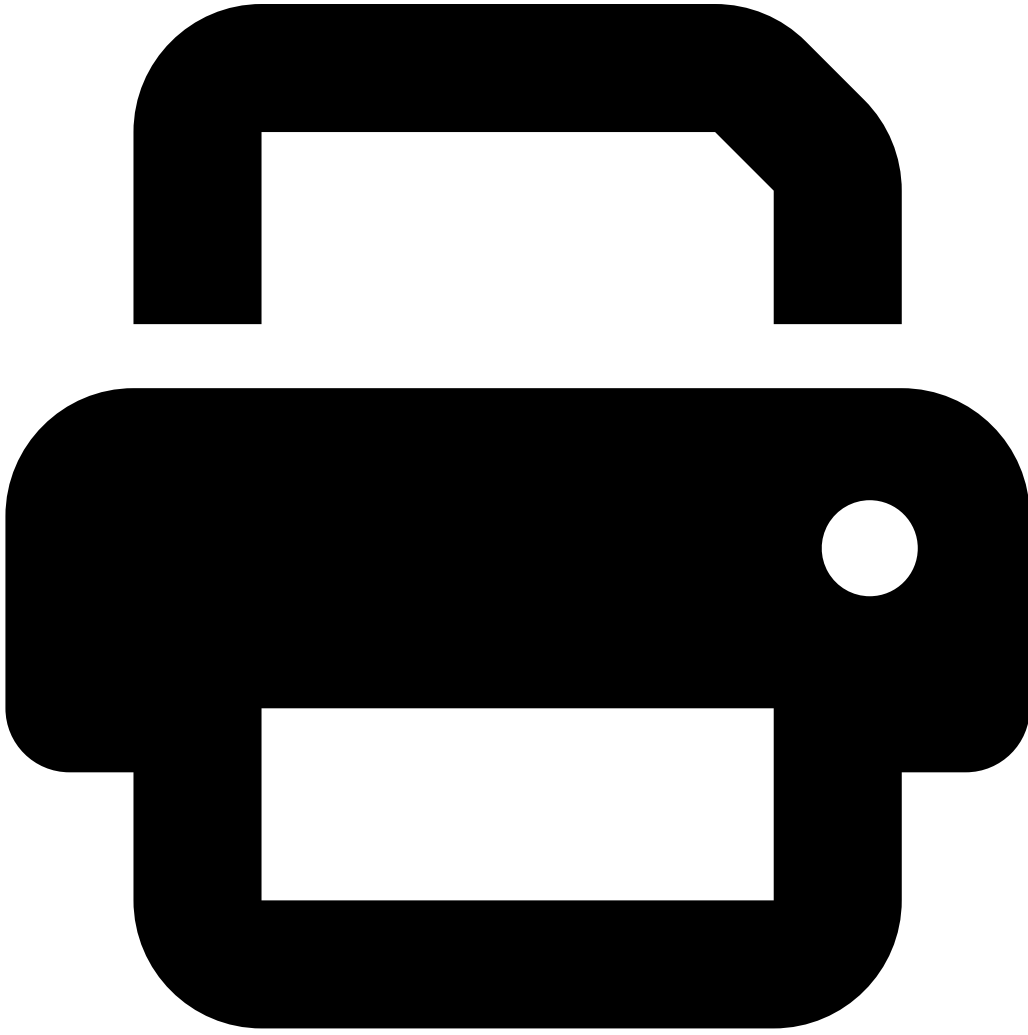
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When the weather warms up, the way I cook shifts right along with it. I'm not looking for anything heavy or overcomplicated—I want food that feels fresh, simple, and full of flavor without spending all day in the kitchen.

That's what Italian cooking does best this time of year. A few good ingredients—olive oil, garlic, lemon, fresh herbs—come together to make something that feels complete without doing too much.

These are the **light Italian recipes for warm weather** that I come back to again and again.

## **Orzo with Summer vegetables**

**Some meals just feel easy**—especially when they come together

in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.[GO TO RECIPE](#)

## **Shrimp Spaghetti with Tomato Basil Sauce**

This Shrimp Spaghetti with Tomato Basil Sauce is a simple, fresh pasta dish made with sautéed shrimp, juicy summer tomatoes, garlic, and plenty of fragrant basil. The sauce is created right in the pan by combining the tomato juices with starchy pasta water and a generous handful of grated parmesan, giving you a light flavorful coating that clings to the pasta.[GO TO RECIPE](#)

## **Authentic Pasta al Limone (Italian Lemon Pasta)**

Authentic Pasta al Limone made the Italian way—no cream, just lemon, butter, cheese, and pasta water for a silky, bright, and easy lemon pasta recipe.

[GO TO RECIPE](#)

## **Authentic Pasta Portofino**

Inspired by the coastal village of Portofino, this dish brings together the bold freshness of basil, the sweetness of ripe tomatoes, and the richness of good olive oil. It's often described as a cross between a tomato sauce and Pesto alla Genovese—but simpler, looser, and meant to taste like summer.

No cream. No mozzarella. Just real ingredients, handled the right way.

[GO TO RECIPE](#)

## **Tubettini Pasta Salad (Italian pasta fredda)**

This authentic Italian tubettini pasta salad is loaded with fresh mozzarella, tomatoes, and savory Italian meats, all tossed in a simple olive oil dressing. The perfect light and flavorful summer pasta fredda for gatherings, picnics, or easy weeknight meals.

[GO TO RECIPE](#)

## **Authentic Italian Stuffed Tomatoes with Rice and Potatoes (Roman Recipe)**

Authentic Italian stuffed tomatoes filled with rice, garlic, and basil, roasted with potatoes until tender and flavorful—just like in Rome.

[GO TO RECIPE](#)

## **Best Cod Francese Recipe – in 30 Minutes**

A lightly battered, pan-fried cod fillet in an elegant lemon, butter and white wine sauce. It's similar to chicken piccata—but without the capers and with a velvety, lemon-butter sauce. Ready in less than 30 minutes.[GO TO RECIPE](#)

## **Air fryer salmon Skewer Italian Spiedini**

This air fryer salmon skewer Italian spiedini recipe uses simple ingredients you probably already have at home. Salmon is so versatile, it can be cooked in so many different ways. No air fryer? No problem, these salmon spiedini can be baked, grilled or pan-fried. And the best part is they can be on your table in minutes.[GO TO RECIPE](#)

## **Lemon Cod Piccata (Light Italian Seafood Dinner)**

Light and flavorful **Cod Lemon Piccata** made with pan-seared

cod, lemon, butter, capers, and white wine. A quick Italian seafood dinner ready in 30 minutes.[GO TO RECIPE](#)

## **Easy chicken piccata**

This Easy Chicken Piccata Recipe is so easy and quick, its perfect for family weeknight meals, but fancy enough for weekend dinner with friends.

Melt in your mouth chicken breast in a light creamy, lemony sauce made this recipe a restaurant favorite, I simplified the recipe for the home cook, no worries none of the flavor is lost.[GO TO RECIPE](#)

## **Caprese stuffed chicken breast**

this caprese stuffed chicken breast with asparagus is a must-try. Juicy chicken breast are packed with the classic flavors of caprese- fresh mozzarella, ripe tomatoes and fragrant basil – along with tender asparagus for a wholesome . satisfying dish that's easy to make and delicious.[GO TO RECIPE](#)

## **Italian roasted lemon chicken and potato**

This Italian roasted lemon chicken dinner is incredibly easy to make because it requires minimal prep, simple ingredients and a hands – free cooking method. The seasoning is as straightforward as mixing olive oil. lemon juice. garlic and herbs, then rubbing it into the chicken. There's no complicated marinating or advanced techniques- just a few minutes of prep and the oven does the rest.[GO TO RECIPE](#)

## Air fryer Chicken spiedini

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.[GO TO RECIPE](#)

## Easy Italian Vinaigrette Recipe (Better Than Store-Bought)

Homemade Italian vinaigrette made with simple pantry ingredients. Fresh, budget-friendly, and better than store-bought—ready in minutes.

[GO TO RECIPE](#)

## Watermelon Cucumber Feta Salad

When the weather warms up and watermelon starts showing up in every market bin, I can't help but crave this bright and refreshing salad. This **Watermelon Cucumber, feta salad with and Lemon-Honey Dressing** is one of my go-to dishes during the warmer months. It's light, vibrant, and incredibly refreshing—with just the right balance of sweet, salty, and tangy.

[GO TO RECIPE](#)

If you're looking for easy summer meals that don't feel heavy, this is a great place to start. Mix a light pasta with a fresh salad or something grilled, and you have a complete meal without overthinking it.

You can find all the full recipes linked above, along with more Italian-inspired dishes on the blog to keep your summer cooking simple and full of flavor.

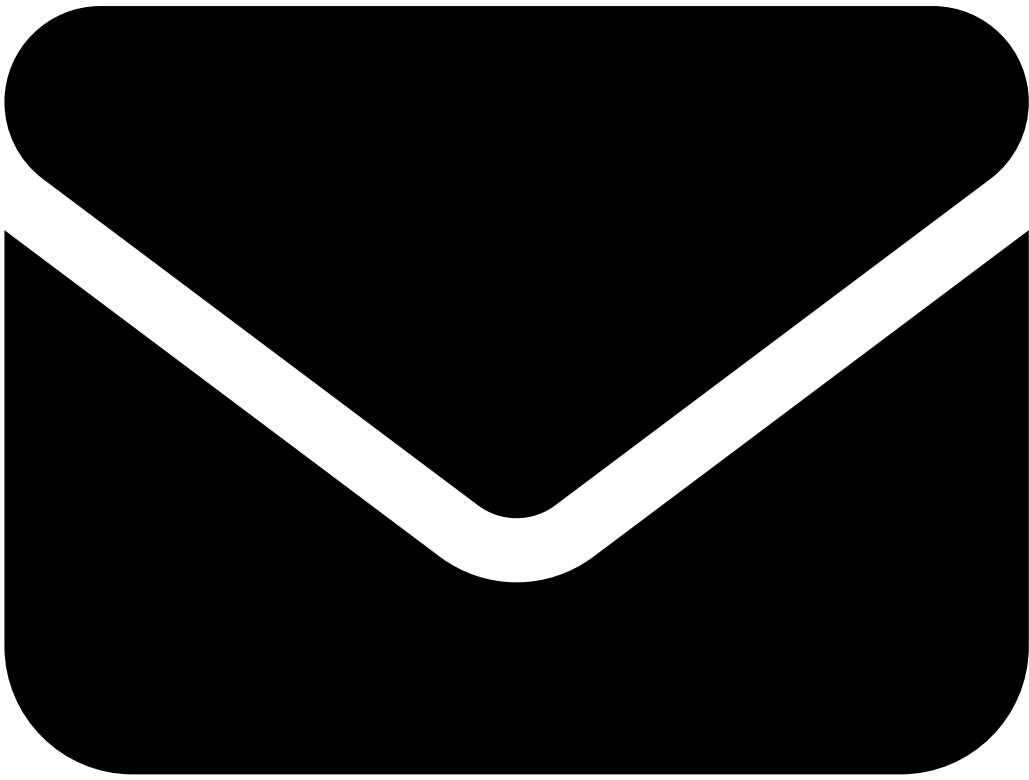
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# **Tubettini Pasta Salad (Italian pasta fredda)**

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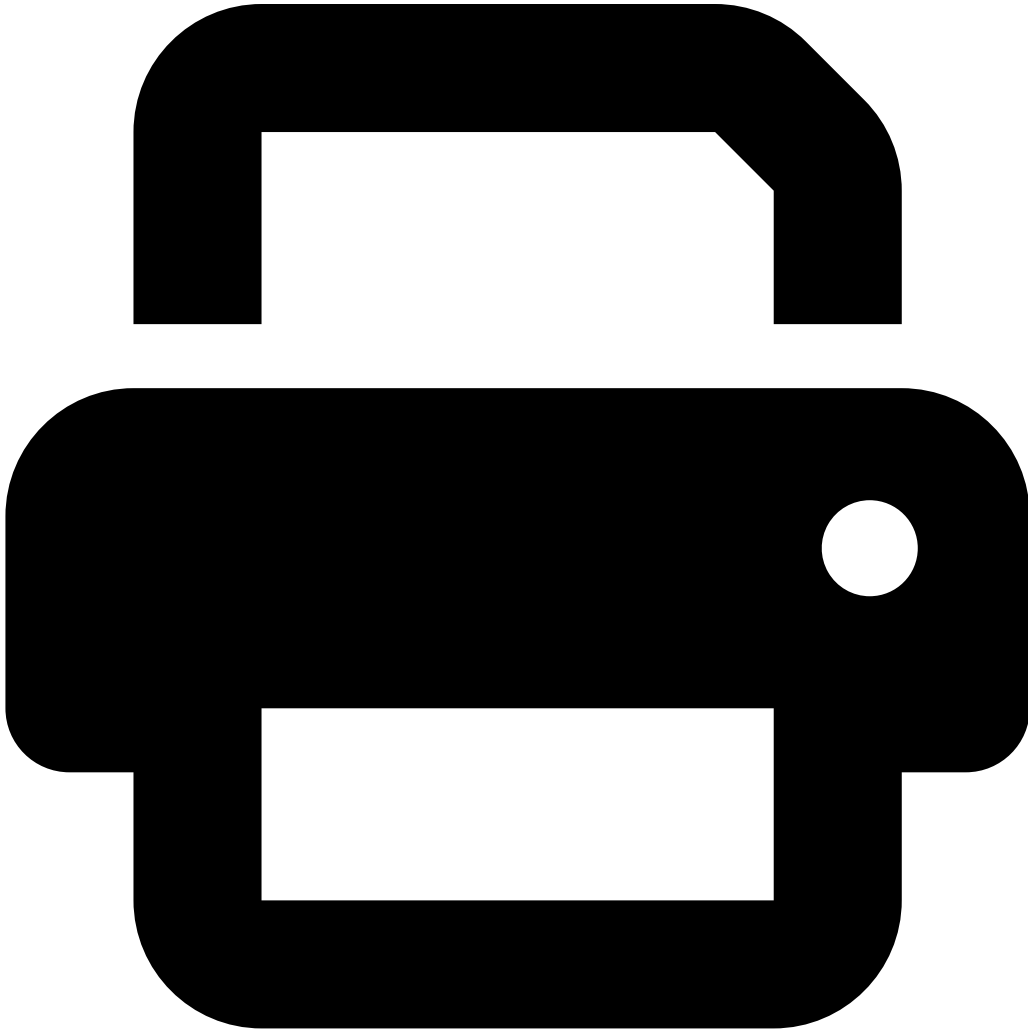
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This is the kind of pasta salad I always come back to once the weather warms up—simple, fresh, and made with whatever I have in the fridge. I like using tubettini because it catches all the little bits of salumi, cheese, and dressing in every bite, and it reminds me of the easy summer meals we'd throw together without overthinking it. It's the kind of dish that gets better as it sits, perfect for making ahead and putting out for a relaxed lunch or casual get-together.

## **Things to know about this Tubettini Pasta Salad (Italian pasta fredda)**

- The meats are cut small, about the size of the

pasta—nothing chunky

- It's **olive oil based**, never creamy
- It should feel **balanced, not heavy or overloaded**
- Served at **room temp or slightly chilled**, not ice cold
- This is the kind of dish you'd see packed for a beach day or put out for a casual summer lunch. It's flexible—everyone kind of makes their own version based on what they have.

## Optional Add-Ins

- Cubed provolone for a sharper bite
- Marinated artichokes
- Roasted red peppers
- A handful of arugula right before serving

## Storage

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Before serving, let it sit at room temperature for about 15–20 minutes and give it a quick toss with a drizzle of olive oil to refresh the flavors, as the pasta will absorb some of the dressing.

If you love simple, authentic Italian summer recipes like this, you'll want to try a few more of my favorites. Check out my Italian lemon **pasta al limone**, or classic **Italian pasta Portofino** on the blog for more fresh, seasonal inspiration. And if you make this Tubettini Pasta Salad (Italian pasta fredda) please leave me a comment I love hearing from you . It's my favorite part!!!!

## Tubettini Pasta Salad (Italian

# Pasta Fredda)



This authentic Italian tubettini pasta salad is loaded with fresh mozzarella, tomatoes, and savory Italian meats, all tossed in a simple olive oil dressing. The perfect light and flavorful summer pasta fredda for gatherings, picnics, or easy weeknight meals.

- 12 oz, Tubettini (You can use any small shaped pasta)
- 1 cup cherry tomatoes (cut in half)
- 1 cup fresh mozzarella ( cubed or pearls)
- 1 cup each mixed Italian meats, diced: (salami mortadella prosciutto )
- 1/2 cup pitted kalamata olives
- 1/2 cup chopped red onion
- 1/2 cup torn fresh basil leaves

## **EASY Italian vinaigrette**

- 1 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 Tsp lemon juice
- 1 clove minced garlic
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil
- 1 tsp. Dijon mustard
- 1 Tsp. honey
- salt and pepper to taste

1. Cook the tubettini in salted water until al dente.

2. Drain and spread it out so it cools completely.
3. In a large bowl, combine tomatoes, mozzarella, meats, olives, and onion.
4. Add the cooled pasta.
5. Toss with the Italian vinaigrette
6. Fold in basil at the end.
7. Let it sit about 30 minutes before serving.

## **Instructions for the Vinaigrette**

1. Add all of the ingredients to a glass jar with a lid shake variously until dressing is emulsified

Main Course, Salad, Side Dish  
Italian  
pasta, Italian, Salad

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# **Easy Italian Vinaigrette Recipe (Better Than Store-Bought)**

**Easy Italian Vinaigrette Recipe (Better Than Store-Bought)** This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











If there's one thing every Italian kitchen gets right, it's simplicity—and this Italian vinaigrette is proof. Made with pantry staples, it comes together in minutes, tastes brighter than anything from a bottle, and costs a fraction of store-bought dressings.

After years in the restaurant world, one thing became clear: the best dressings are always made in-house. Not just for flavor—but because you control the quality, freshness, and cost. Once you make this, you won't go back.

This is the same Italian dressing we used in the restaurant—simple, bold, and incredibly versatile. It's more than just a vinaigrette; it doubles as a flavorful marinade that brings out the best in chicken, seafood, and vegetables. That's the kind of multitasking staple that saves time, money, and elevates everything it touches.

# Things to know about this Easy Italian Vinaigrette Recipe (Better Than Store-Bought)

- **Oil matters:** Use a good-quality olive oil—this is where most of the flavor comes from.
  - **Balance is key:** Traditional vinaigrette is a 3:1 oil-to-vinegar ratio, but adjust to your taste.
  - **Fresh vs dried herbs:** Dried herbs give that classic Italian-American flavor, but fresh herbs can elevate it even more.
  - **It thickens in the fridge:** Olive oil solidifies when cold—just let it sit at room temp for a few minutes and shake.
  - **Multipurpose:** Use it as a marinade for chicken, drizzle over roasted vegetables, or toss with pasta salad.
- 

## Why Make It at Home (Save Money + Better Taste)

Store-bought dressings are convenient—but you're paying more for lower-quality oils, preservatives, and fillers. This homemade version:

- Costs significantly less per batch
- Uses clean, real ingredients
- Tastes fresher, brighter, and more balanced
- Can be customized to your exact preference

A bottle of dressing might cost \$5–\$8. This recipe? Pennies per serving—and a huge upgrade in flavor. Once you try this homemade Italian vinaigrette, you'll never go back to bottled. It's one of the easiest ways to upgrade your cooking while saving money.

Pair it with my **[Italian Crispy Roasted Potatoes]** or drizzle it over my **[Rustic Grilled Pepper Salad]** for a simple, flavor-packed meal.

## Easy Italian Vinaigrette Recipe (Better Than Store-Bought)



Homemade Italian vinaigrette made with simple pantry ingredients. Fresh, budget-friendly, and better than store-bought—ready in minutes.

- 2 cups extra virgin olive oil
- 1/2 cup red wine vinegar
- 2 cloves minced garlic
- 2 tsp oregano (dried)
- 2 tsp basil (dried)
- 2 tsp Dijon mustard
- 2 tsp honey
- salt and pepper to taste

1. In a bowl or jar, combine vinegar, garlic, oregano, basil, salt, pepper, mustard, and honey.
2. Slowly whisk in the olive oil until emulsified.

3. Taste and adjust seasoning if needed.
4. Store in a sealed jar in the refrigerator for up to 1 week. Shake well before using.

Salad  
Italian  
dressing, viniagretti, Italian, salad

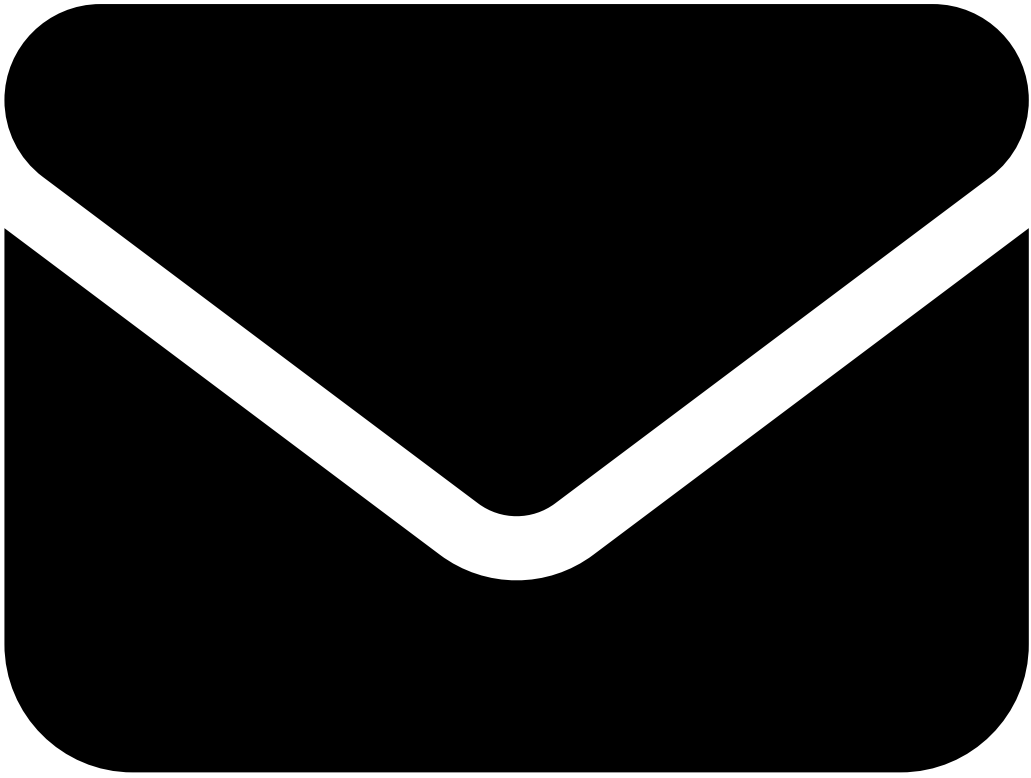
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## **15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes**

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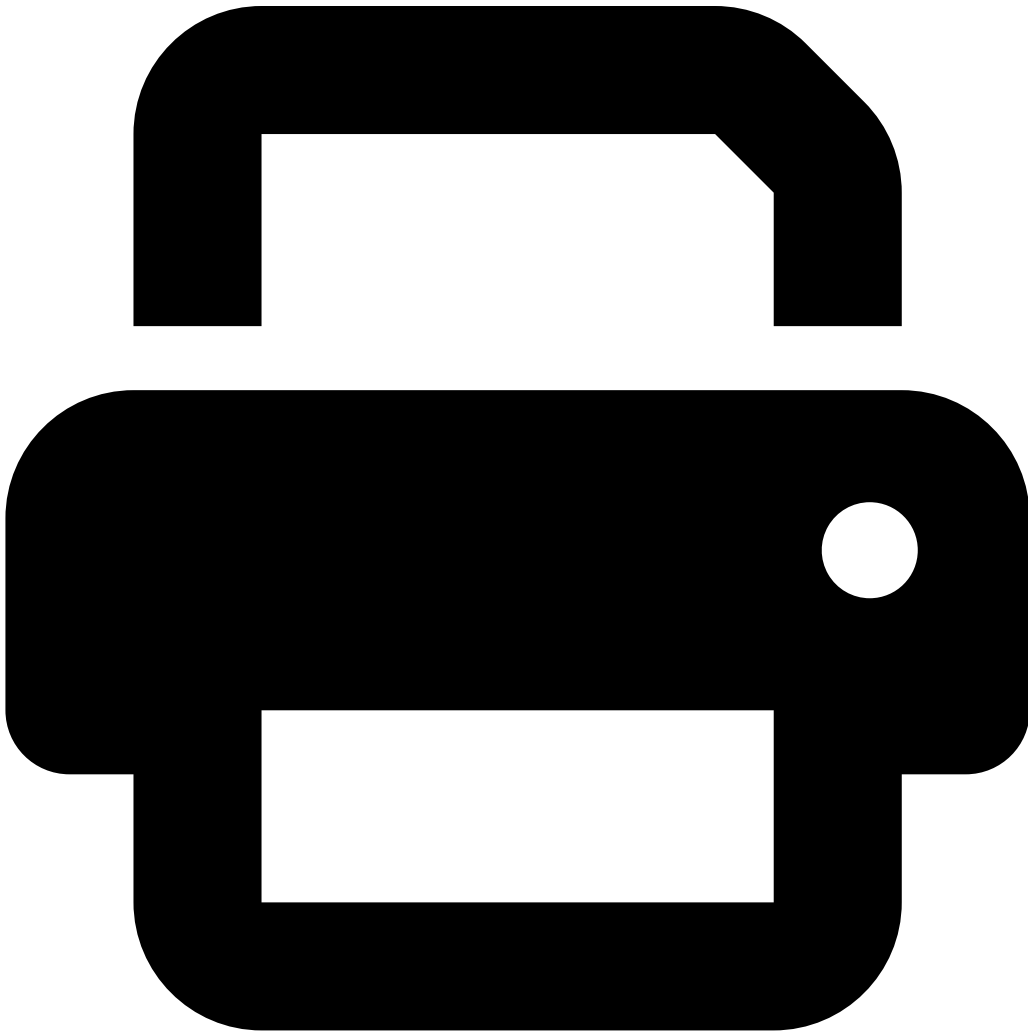
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Weeknight cooking doesn't need to be complicated to be good. Some of the best Italian meals are built on simple ingredients, cooked well, and brought to the table without overthinking it.

This is the kind of food you make when you want something real—pasta that comes together in one pan, sauces that don't take all day, and meals that feel comforting without being heavy. It's not about perfection, it's about flavor, timing, and knowing a few go-to recipes you can rely on.

Inside this 15 weeknight Italian meals guide, you'll find a collection of easy weeknight Italian meals—from quick pastas and skillet dinners to cozy baked dishes and fresh, seasonal sides. Everything here is designed to work in real life, with recipes you can make in under 45 minutes and come back to again and again.

# Lemon Asparagus Ricciarelle Pasta

Light, fresh, and full of spring flavors! This **Lemon Asparagus Pasta** features tender sautéed asparagus, bright lemon sauce, and Parmesan, perfect for an easy weeknight dinner or elegant spring meal.

[GO TO RECIPE](#)

# One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This one-pot creamy zucchini pasta is a traditional Italian recipe where pasta cooks directly with zucchini, onion, and olive oil, creating a naturally creamy sauce with Parmesan and pasta starch.[GO TO RECIPE](#)

# Spicy pasta Norcina Spicy Italian sausage pasta

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook[GO TO RECIPE](#)

# Pesto tortellini pasta salad

If you're looking for the perfect summer pasta salad, this pesto tortellini pasta **Salad** is one of my favorites. Full of Mediterranean flavors and hearty enough to be a meal on its

own, it's one of those dishes that always disappears quickly when ever I bring it to potlucks, or Sunday lunches.[GO TO RECIPE](#)

## **Authentic Italian Pasta e Fagioli**

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. for many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It's the ultimate "cucina povera" dish- poor kitchen.[GO TO RECIPE](#)

## **Air Fryer Parmesan chicken Spiedini**

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.[GO TO RECIPE](#)

## **Chicken Meatballs with marry me orzo**

Tender chicken meatballs are always a hit at the dinner table, and when you pair them with creamy *Marry Me Orzo*, you've got the ultimate comfort meal. This dish brings together juicy baked chicken meatballs and orzo pasta simmered in a rich Parmesan and sun-dried tomato cream sauce. It's the kind of meal that feels special enough for date night yet easy enough for a weeknight family dinner.[GO TO RECIPE](#)

## **Pollo al Limone Italian lemon**

# chicken

Lemons are in peak season right now, and there's no better way to celebrate their bright, zesty flavor than with this Italian Lemon Chicken. Known as *Pollo al Limone*, this dish is simple, rustic, and full of Southern Italian charm. With a golden sear, a light pan sauce, and a fresh lemon-parsley drizzle, it's the kind of meal that tastes like summer. GO TO RECIPE

## Best cod Francese Recipe- in 30 minutes

**Best Cod Francese Recipe – in 30 Minutes** is a lightly battered, pan-fried cod fillet in an elegant lemon, butter and white wine sauce. It's similar to chicken piccata—but without the capers and with a velvety, lemon-butter sauce that clings to the golden crust. Cod Francese is a classic restaurant-style dish that's surprisingly simple to make at home. The hallmark is the light coating of flour and egg that gives the fish a delicate, crisp texture—perfect for soaking up that tangy, buttery sauce. GO TO RECIPE

## Shrimp spaghetti with basil tomato sauce

This Shrimp Spaghetti with Tomato Basil Sauce is a simple, fresh pasta dish made with sautéed shrimp, juicy summer tomatoes, garlic, and plenty of fragrant basil. The sauce is created right in the pan by combining the tomato juices with starchy pasta water and a generous handful of grated parmesan, giving you a light flavorful coating that clings to the pasta. GO TO RECIPE

<https://lorianasheacooks.com/shrimp-tomato-basil-spaghetti/>

# Authentic Italian shrimp oreganata

Crispy, garlicky, and straight out of an Italian kitchen.

This shrimp oreganata is all about simple ingredients—olive oil, lemon, breadcrumbs, and a heavy hand with oregano—baked until golden and perfect for scooping with bread.

It's fast, it's bold, and it tastes like something you'd order at your favorite spot... but better at home.

[GO TO RECIPE](#)

# Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They are juicy, crispy delicious and so easy to make. Serve the cutlets along side a salad for a light lunch or dinner.[GO TO RECIPE](#)

# The Best Italian-Style Fried Calamari

Golden, crispy, and impossible to stop eating.

This Italian-style fried calamari is light, crunchy, and finished with lemon and a pinch of salt—just the way it should be. No heavy batter, no fuss—just fresh squid, a quick fry, and that perfect crisp.

Serve it hot with marinara or straight up with lemon... either way, it's gone in minutes.

[GO TO RECIPE](#)

## Braised Fennel Oreganata with Pancetta

Braised fennel oreganata with pancetta is one of those simple Italian side dishes that feels both rustic and elegant – the kind of recipe that tastes like it came out of a cozy countryside kitchen. Fennel is one of my favorite seasonal ingredients to cook with this time of year. When it's in season, it's sweet, aromatic, and incredibly versatile, and I love finding ways to let its natural flavor shine.

[GO TO RECIPE](#)

## One pan orzo with summer vegetables

**Some meals just feel easy**—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.[GO TO RECIPE](#)

At the end of the day, weeknight cooking should feel manageable—not like a project. These are the kinds of Italian meals you can lean on when you want something good without spending hours in the kitchen. Simple ingredients, a few solid techniques, and recipes that actually work on a busy night.

Whether it's a quick pasta, a one-pan skillet, or something baked and cozy, this is the kind of cooking that becomes part of your routine—the meals you make without thinking twice, and the ones everyone looks forward to.

Save this guide so you always have a go-to list of easy weeknight Italian meals.

Pick a recipe to try this week, and come back when you need something new. For more simple, flavorful Italian recipes, explore the blog and find your next favorite.

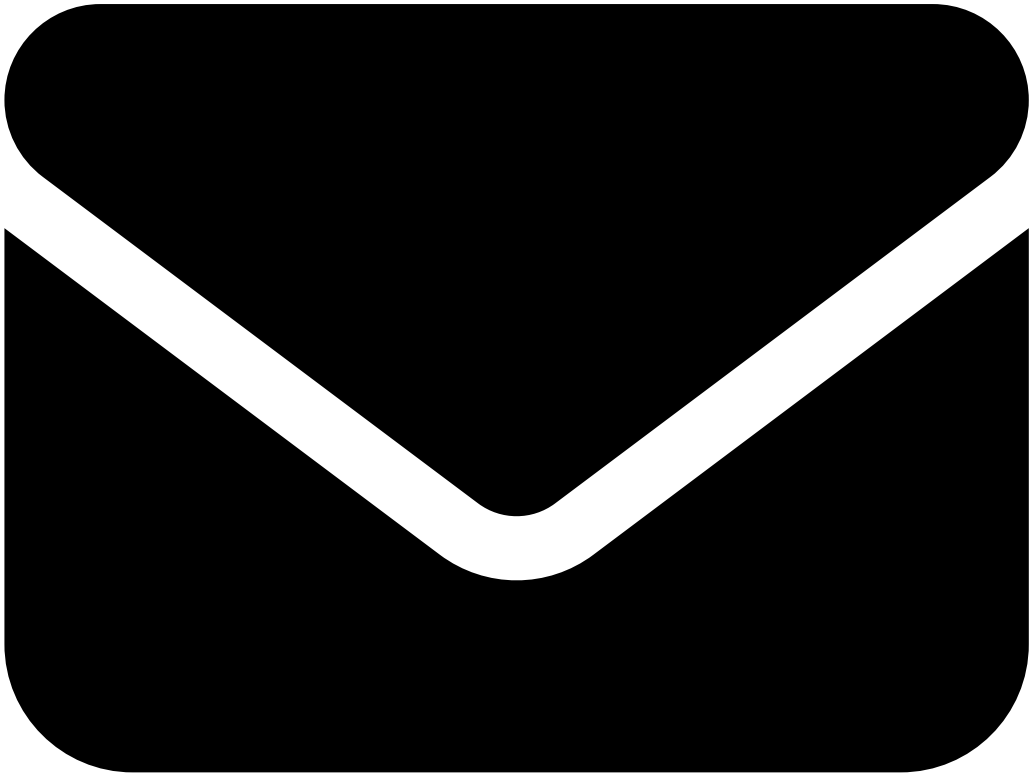
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## **Persimmon Carpaccio Salad (Italian Style)**

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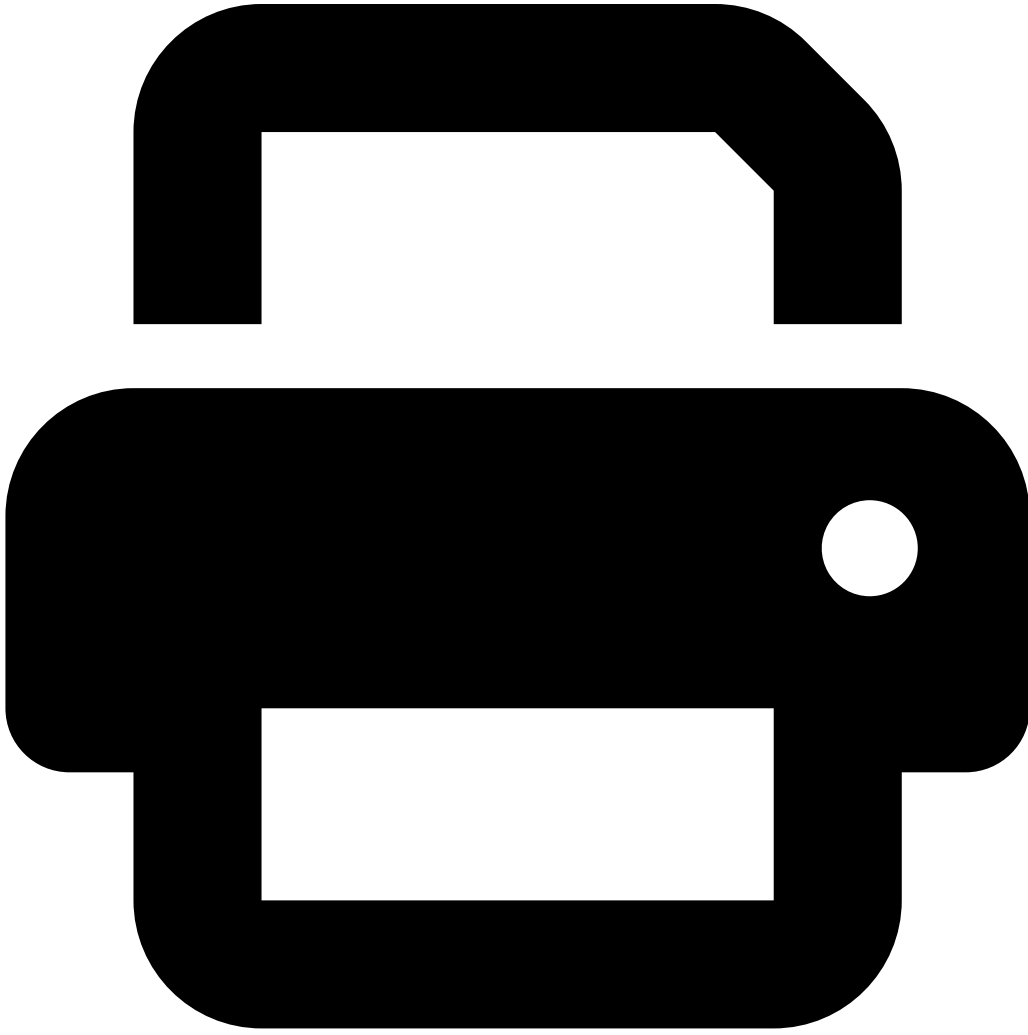
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This elegant **Persimmon Carpaccio Salad** is a simple yet stunning Italian-inspired winter dish. If you love seasonal produce and beautiful plating, this recipe is going to be a favorite. Thinly shaved Fuyu persimmons create a vibrant, sweet base that pairs perfectly with peppery arugula, crisp shaved fennel, toasted walnuts, and salty Parmigiano. It's light, fresh, and absolutely perfect for holiday gatherings, dinner parties, or as a bright starter to any Italian meal.

In Italy, carpaccio-style dishes are all about showcasing the beauty of the ingredients with minimal dressing—and persimmons shine beautifully prepared this way.

## Things to know about this Persimmon

# Carpaccio Salad (Italian Style)

- **Use Fuyu persimmons**, not Hachiya–Fuyus are firm and perfect for shaving paper-thin.
  - A **mandoline** gives the most even slices, but a very sharp knife works too.
  - This dish is best served **immediately after dressing** so the persimmons stay crisp.
- 

## Variations

- **Honey drizzle:** Add a touch of honey if you prefer a sweeter profile.
  - **With prosciutto:** Lay thin prosciutto slices over the persimmons for a sweet–salty bite.
  - **Citrus version:** Add orange zest or a few citrus segments.
  - **Add burrata:** For a creamier dish, serve with small pieces of burrata.
- 

## Storage

This salad is best enjoyed fresh.

If prepping ahead:

- Shave the persimmons up to **2 hours in advance** and store covered in the refrigerator.

- Shave fennel and store in ice water for crispness.  
Dress only when ready to serve.

## ▪ **Looking for More Seasonal Recipes?**

Browse some of my winter favorites:

- **Orecchiette with Italian Sausage and broccoli rabe**
- **Creamy Italian Sausage Risotto**
- Braised cabbage wedges with pancetta

Cozy, comforting, and full of Italian flavor.

## **Persimmon Carpaccio Salad (Italian Style)**



- **3 ripe Fuyu persimmons**, peeled and thinly shaved into rounds
- **1 cup arugula**
- $\frac{1}{2}$  **small fennel bulb**, shaved very thin
- **2 tbsp toasted walnuts**, roughly chopped
- $\frac{1}{4}$  cup **shaved Parmigiano-Reggiano**
- **1 – 2 tbsp extra virgin olive oil**
- **1 tbsp fresh lemon juice** or a splash of white balsamic vinegar
- **Sea salt**, to taste
- **Fresh cracked black pepper**, to taste
- **Fennel fronds**, for garnish

▪ *Optional*: a sprinkle of pomegranate arils for color

### **1. Lay out the carpaccio**

Arrange the thinly shaved persimmon slices in a beautiful overlapping layer on a large round platter.

### **2. Add the vegetables**

Scatter shaved fennel on top. Add a small handful of arugula for freshness and contrast.

### **3. Dress the salad**

Drizzle evenly with extra virgin olive oil and fresh lemon juice or white balsamic.

### **4. Season**

Sprinkle lightly with sea salt and freshly cracked pepper.

### **5. Finish**

Add toasted walnuts, shaved Parmigiano, and fennel fronds. Serve immediately.