15 Italian Tomato Recipes to Make with Fresh Summer Tomatoes

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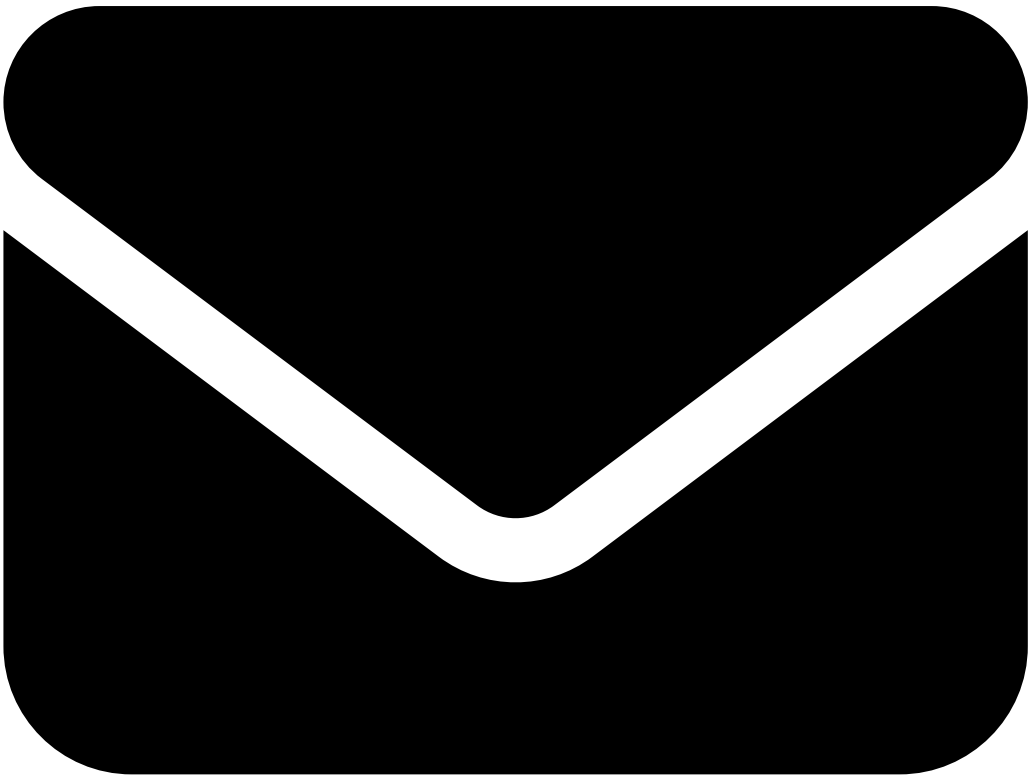

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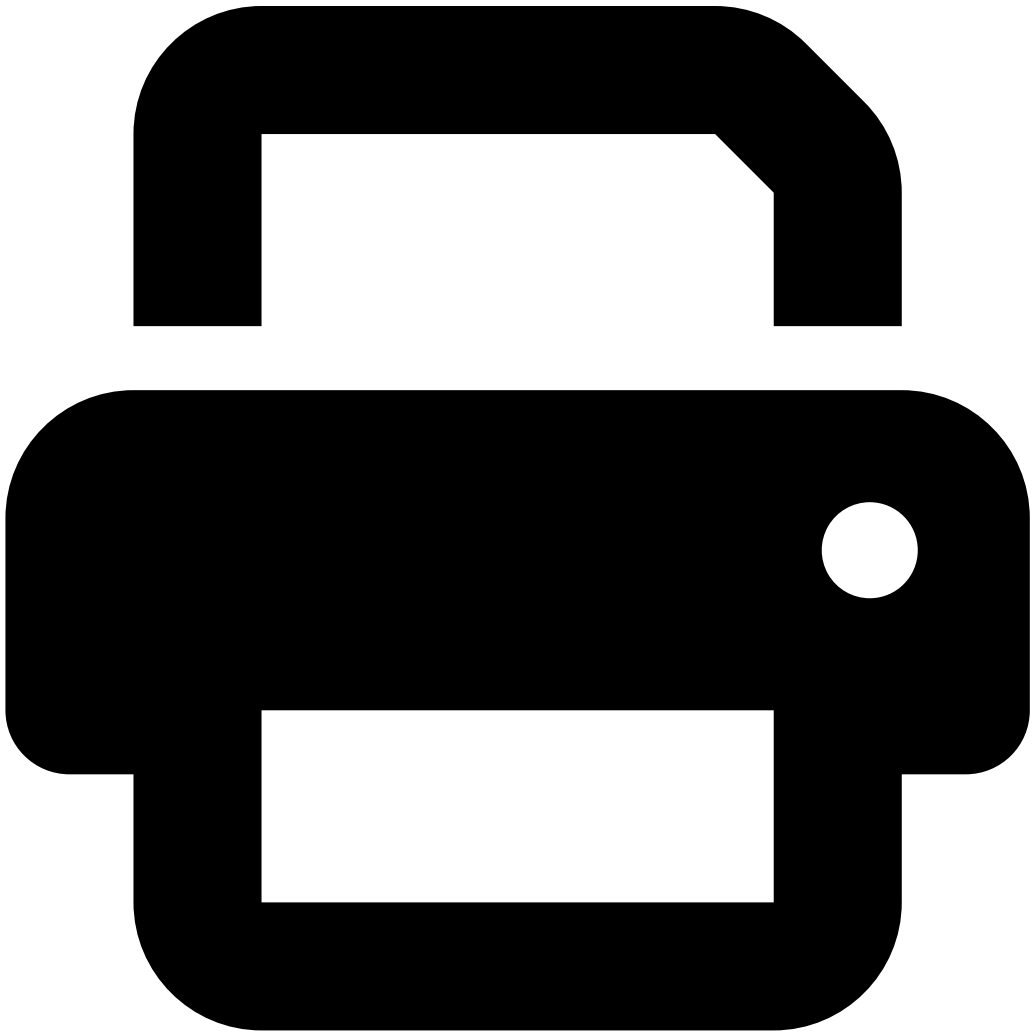

August is tomato season, and there is nothing quite like a perfectly ripe summer tomato. Juicy, sweet, and full of flavor, fresh tomatoes are one of the ingredients I look forward to most this time of year.

Growing up in Italy, tomatoes were a part of summer cooking in so many different ways. Sometimes they were the star of the dish, and other times they were simply combined with a few other seasonal ingredients to create something delicious.

That’s the beauty of Italian cooking: when your ingredients are at their best, you don’t need to do much to them.

If your garden is overflowing with tomatoes right now, or you just brought home a beautiful basket from the farmers market, these Italian tomato recipes are a delicious way to enjoy them while they’re at their peak.

From simple tomato salads and bruschetta to pasta, baked

tomatoes, and easy summer dinners, here are 15 Italian-inspired recipes to make this August.

Easy Italian Tomato Salad with Heirloom Tomatoes

When summer tomatoes are perfectly ripe, sometimes the simplest preparation is the best. This Italian tomato salad combines juicy heirloom tomatoes with fresh basil, oregano, olive oil, salt, and pepper. It’s an easy summer side dish that lets the tomatoes do all the work.GO TO RECIPE

Classic Italian Tomato Bruschetta

Fresh tomatoes, basil, garlic, good olive oil, and toasted rustic bread come together in this classic Italian bruschetta. It’s one of those recipes that is especially delicious in August, when tomatoes are sweet and at their peak.

GO TO RECIPE

Caprese Spaghetti with Roasted Tomato Sauce

This pasta combines roasted summer tomatoes, garlic, fresh mozzarella, basil, and spaghetti. Roasting the tomatoes concentrates their sweetness and creates a flavorful sauce that’s perfect for a summer pasta dinner.GO TO RECIPE

Oven-Baked Tomatoes Oreganata

This is one of my favorite ways to use an abundance of summer tomatoes. Ripe tomatoes are topped with seasoned breadcrumbs, Parmesan, garlic, oregano, and olive oil, then baked until

tender and golden.

It’s simple, rustic Italian cooking at its best.GO TO RECIPE

Authentic Italian Stuffed Tomatoes with Rice and Potatoes

Known as *Pomodori Ripieni di Riso*, these Roman-style stuffed tomatoes are filled with rice, garlic, basil, and the tomatoes’ own juices, then baked with potatoes underneath.

The potatoes soak up all those delicious tomato juices, making this a complete and satisfying summer meal.GO TO RECIPE

Sugo Crudo – No-Cook Italian Tomato Sauce

When summer tomatoes are at their peak, this simple *Sugo Crudo* is one of the best ways to enjoy them. This no-cook Italian tomato sauce combines ripe tomatoes with olive oil, garlic, and fresh basil for a fresh, vibrant sauce that lets the natural sweetness of the tomatoes shine.

It’s delicious tossed with pasta or served with crusty bread for an easy taste of Italian summer.GO TO RECIPE

Authentic Pasta Portofino

Pasta Portofino brings together two of summer’s best flavors: fresh tomatoes and basil pesto. Cherry tomatoes create a light sauce that’s tossed with spaghetti, basil, pine nuts, and Parmigiano Reggiano.

It’s bright, simple, and ready in about 30 minutes.GO TO RECIPE

One-Pan Italian Chicken with Peppers and Tomatoes

Tender chicken, sweet peppers, juicy cherry tomatoes, garlic, and marinara come together in one skillet in this easy Italian-inspired dinner. Fresh mozzarella is added at the end for a melty finish.

It’s exactly the kind of simple meal that’s perfect for summer.GO TO RECIPE

Italian Chicken Breast Pomodoro

Chicken and tomatoes are a natural combination, and this easy Chicken Pomodoro is a great way to enjoy them together. The tomato-based sauce keeps the chicken tender while adding plenty of fresh Italian flavor.GO TO RECIPE

Italian Green Beans and Tomatoes

This is a classic Italian summer side dish that I grew up eating. Fresh green beans are gently cooked with tomatoes, garlic, onion, olive oil, and Italian parsley until everything comes together into a simple, flavorful dish.

It’s especially good when both the tomatoes and green beans are coming straight from the garden.GO TO RECIPE

Italian Potatoes, Tomatoes and Green Beans

Another simple Italian vegetable dish that makes the most of summer produce. Potatoes and green beans are combined with tomatoes, garlic, onion, olive oil, and marinara for a rustic side dish that can easily become a light meal.GO TO RECIPE

Ciambotta Italian summer vegetable Stew

Zucchini, potatoes, and tomatoes come together in this easy Italian vegetable stew. The tomatoes create a light, flavorful sauce while fresh parsley finishes the dish.

It’s a wonderful example of how Italian cooking turns a few seasonal vegetables into something satisfying.GO TO RECIPE

Traditional Melanzane a Funghetto

This Neapolitan eggplant dish is another wonderful way to use summer tomatoes. Eggplant and tomatoes come together in a simple preparation that’s full of Southern Italian flavor.

It’s rustic, seasonal, and exactly the kind of dish I love making when summer vegetables are abundant.GO TO RECIPE

Cod Puttanesca

Flaky cod simmered in a bold Italian tomato sauce with olives, capers, garlic, and anchovy makes this a quick and flavorful summer dinner.

The bright tomato sauce gives the delicate fish plenty of flavor without making the dish feel heavy.GO TO RECIPE

Italian Orecchiette with Sausage and Cherry Tomatoes

This Italian Orecchiette with Sausage and Cherry Tomatoes is an easy, flavorful pasta that makes the most of sweet summer cherry tomatoes. Juicy tomatoes are cooked with Italian sausage and tossed with orecchiette for a satisfying pasta

dinner that comes together with simple ingredients.

It’s hearty enough for a weeknight meal but still feels light and summery thanks to the fresh cherry tomatoes.

Tips for Choosing the Best Summer Tomatoes

The best tomato recipes start with the best tomatoes. Look for tomatoes that are fragrant, heavy for their size, and ripe without being overly soft.

For salads and bruschetta, I love using heirloom or vine-ripened tomatoes. Roma and plum tomatoes are excellent for sauces and baked dishes because they have a firmer texture and less water.

And when tomatoes are truly at their peak, don’t overcomplicate them. Good olive oil, fresh basil, garlic, salt, and pepper can be all you need.

How to Store Fresh Tomatoes

Keep tomatoes at room temperature until they’re ripe and ready to eat. I prefer not to refrigerate them because the cold can affect their flavor and texture.

If you have more tomatoes than you can use, make a batch of fresh tomato sauce, roast them, or preserve them so you can enjoy that summer flavor later.

Make the Most of Tomato Season

August is the time to take advantage of fresh tomatoes while they’re at their sweetest and most flavorful.

Whether you’re making a simple tomato salad, piling tomatoes

onto crusty bread for bruschetta, tossing them with pasta, or turning a basketful into homemade tomato sauce, these recipes are all about keeping things simple and letting seasonal ingredients shine.

So grab those summer tomatoes and start cooking. **Italian summer cooking doesn’t have to be complicated—it just needs good ingredients.**GO TO RECIPE

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15 Italian Zucchini Recipes You’ll Make All Summer

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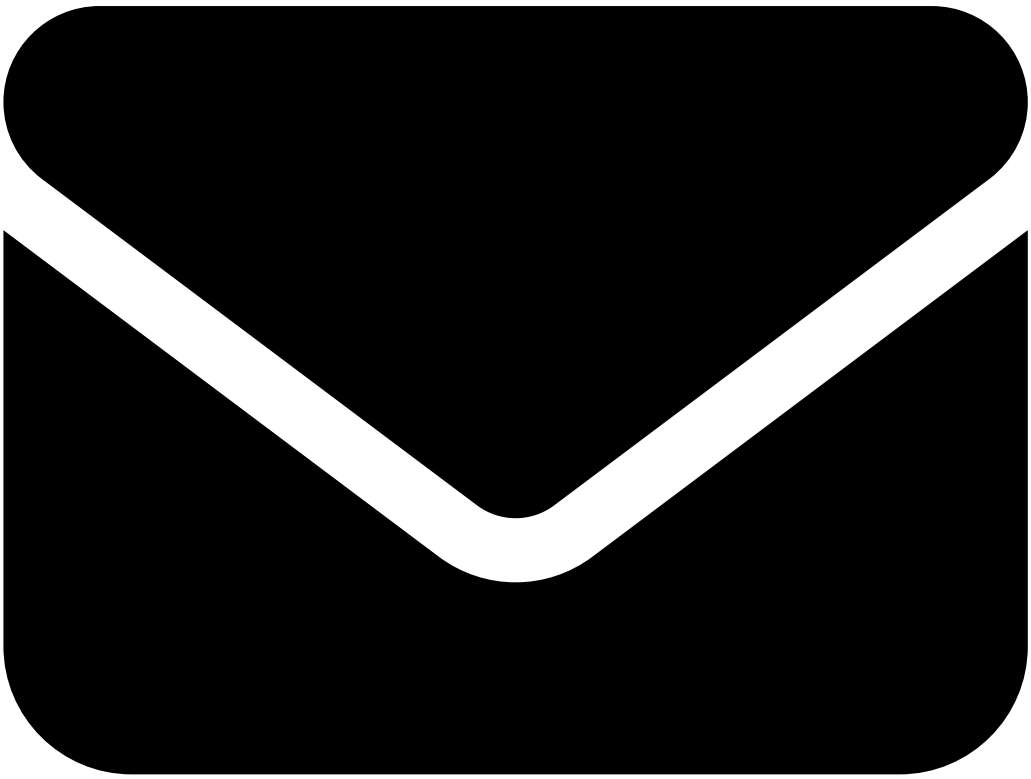

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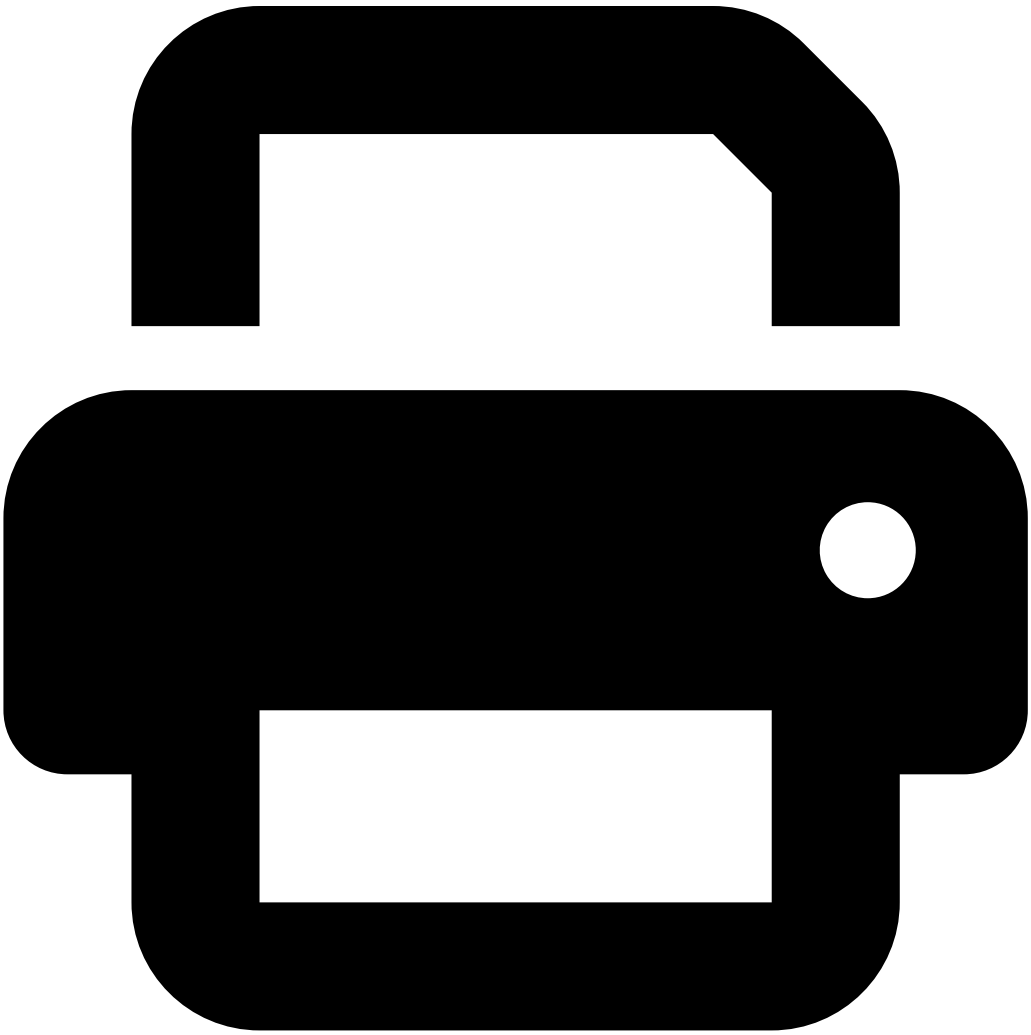

If your garden is overflowing with zucchini—or you've picked up a few too many at the farmers market—you're in the right place. Zucchini is one of summer's most versatile vegetables, and in Italian cooking, it's used in everything from fresh salads and simple side dishes to hearty pastas and comforting baked meals.

Growing up in Tuscany, zucchini was always a part of our summer table. It wasn't dressed up with complicated ingredients. A little good olive oil, fresh herbs, garlic, and Parmesan were often all it needed. Those simple flavors are still the inspiration behind many of the recipes I make today.

After spending more than 40 years in the restaurant business, I've learned that the best recipes don't have to be complicated. These Italian-inspired zucchini recipes are easy enough for busy weeknights, beautiful enough for entertaining, and full of the fresh flavors of summer.

Whether you’re looking for a light lunch, a hearty dinner, or the perfect side dish, this collection has something for everyone.

Easy Roasted Zucchini Salad with Feta

This fresh and colorful zucchini salad is the perfect summer side dish. Roasted zucchini is paired with creamy feta, fresh herbs, and a light vinaigrette for an easy recipe that’s equally at home at a backyard barbecue or an elegant Italian dinner table.GO TO RECIPE

One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This comforting Pasta e Zucchini is a traditional Italian favorite that’s creamy without being heavy. Everything cooks together in one pot, allowing the zucchini to melt into the sauce for an easy weeknight meal full of authentic Italian flavor.GO TO RECIPE

Crispy Fried Zucchini Flowers (Non-Stuffed)

A true Italian summer delicacy, these crispy fried zucchini flowers feature a light, golden batter that lets the delicate flavor of the blossoms shine. They’re simple to make and perfect as an appetizer or served alongside your favorite Italian meal.GO TO RECIPE

Classic Zucchini alla Scapece (Neapolitan Marinated Zucchini)

Thin slices of zucchini are lightly fried and marinated with garlic, fresh mint, vinegar, and olive oil in this classic recipe from Naples. It’s a refreshing make-ahead side dish that tastes even better after the flavors have had time to mingle.GO TO RECIPE

Vegetarian Zucchini and Tomato Pasta

Fresh zucchini, juicy summer tomatoes, garlic, basil, and Parmesan come together in this simple vegetarian pasta that’s ready in about 30 minutes. It’s a light yet satisfying dinner that celebrates the best flavors of the season.GO TO RECIPE

Zucchini Lasagna with Bolognese Sauce

Layers of tender zucchini, rich homemade Bolognese sauce, creamy béchamel, and melted cheese make this lasagna a comforting twist on a classic Italian favorite. It’s perfect for family dinners, special occasions, or whenever you’re craving a hearty meal with plenty of garden-fresh flavor.GO TO RECIPE

Easy Vegetarian zucchini fritters

These crispy zucchini fritters are made with fresh zucchini, Parmesan cheese, herbs, and a handful of pantry staples. Golden on the outside and tender on the inside, they’re

perfect as an appetizer, light lunch, or flavorful side dish.

GO TO RECIPE

Baked vegetarian zucchini meatballs

These baked zucchini meatballs are a delicious vegetarian twist on a classic. Made with grated zucchini, breadcrumbs, Parmesan, and fresh herbs, they’re crispy on the outside, tender in the center, and perfect served with marinara or as a meatless main course.GO TO RECIPE

Crispy Zucchini scarpaccia

This traditional Tuscan zucchini scarpaccia is a savory zucchini tart with crisp, golden edges and a tender center. Made with thinly sliced zucchini, onions, Parmesan, and a simple batter, it’s an easy recipe that showcases the fresh flavors of summer.GO TO RECIPE

Vegetarian Zucchini Roll-Ups

Thin slices of zucchini are rolled around a creamy ricotta filling, topped with marinara sauce and mozzarella, then baked until bubbly and golden. This lighter take on classic Italian comfort food is perfect for weeknight dinners or entertaining.GO TO RECIPE

Zucchini ricotta penne pasta

Creamy ricotta, tender zucchini, and perfectly cooked penne come together in this simple Italian-inspired pasta. Finished with fresh basil and Parmesan, it’s a quick and satisfying

meal that’s ready in about 30 minutes.GO TO RECIPE

Italian zucchini potato stew

This rustic Italian stew combines tender zucchini, potatoes, tomatoes, garlic, and herbs in a comforting one-pot meal. It’s a simple, budget-friendly recipe that’s perfect for using up fresh summer vegetables.GO TO RECIPE

Spaghetti alla Nerano

One of Italy’s most beloved zucchini pasta dishes, Spaghetti alla Nerano features golden fried zucchini, al dente spaghetti, fresh basil, and plenty of cheese for a silky, flavorful sauce. Originating on the Amalfi Coast, this classic recipe proves that a few simple ingredients can create an unforgettable meal.GO TO RECIPE

Roasted Zucchini Panzanella Salad

This Italian-inspired panzanella gives the classic bread salad a delicious summer twist. Roasted zucchini, juicy tomatoes, toasted bread, fresh basil, and a tangy vinaigrette come together for a hearty salad that’s perfect for lunch, dinner, or entertaining.GO TO RECIPE

Creamy Lemon Parmesan Zucchini Orzo

This creamy lemon Parmesan zucchini orzo is bright, comforting, and full of fresh summer flavor. Tender orzo, sautéed zucchini, fresh lemon, and Parmesan create a silky one-pan dish that works beautifully as a light main course or alongside grilled chicken, seafood, or your favorite Italian entrées.GO TO RECIPE

Final Thoughts

Zucchini is one of those humble vegetables that proves simple ingredients can create some of the most memorable meals. From classic Italian recipes passed down through generations to fresh, modern dishes inspired by summer's abundance, there are so many delicious ways to enjoy zucchini.

Whether you're looking for a quick weeknight pasta, a light summer salad, a comforting baked dish, or a new way to use up garden zucchini, these Italian zucchini recipes are full of flavor and easy enough to make at home.

I hope this collection inspires you to bring more zucchini to your table this summer. Save this page, share it with someone who loves Italian food, and come back as new zucchini recipes are added to this collection.

Easy Roasted Zucchini Salad with Feta

Easy Roasted Zucchini Salad with Feta

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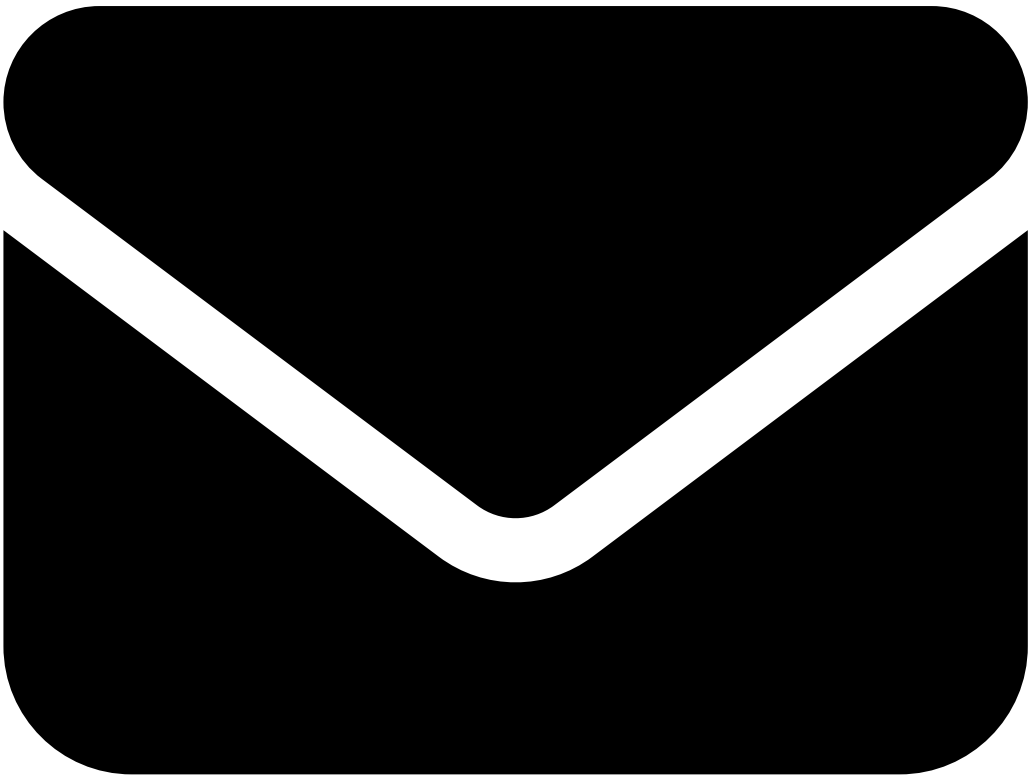

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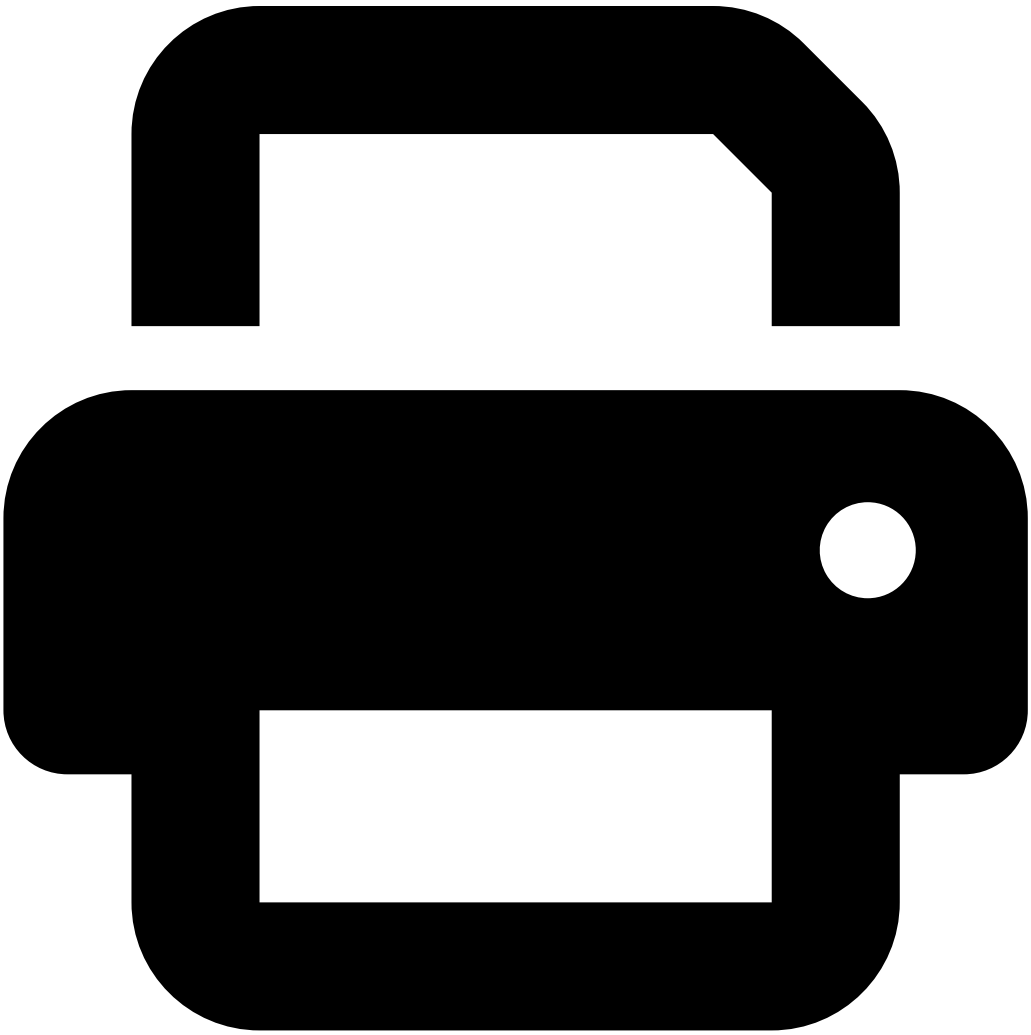

Roasted Zucchini Salad You’ll Make All year Long

When zucchini season arrives, my garden always seems to produce more than I know what to do with. Every morning I head outside with a basket, and before long it’s overflowing with beautiful zucchini. While I love making zucchini bread and fritters, sometimes the simplest recipes let fresh summer produce shine.

This Roasted Zucchini Salad is one of those recipes. Thin slices of zucchini are roasted until lightly caramelized, then layered over a simple herb vinaigrette and finished with creamy feta, crunchy pistachios, and fresh basil. It’s elegant enough for entertaining but easy enough for a weeknight

dinner.

Whether you're harvesting zucchini from your own garden, picking some up at the farmers market, or grabbing a few from the grocery store, this fresh salad is a delicious way to celebrate the best of summer.

Things to know this Easy Roasted Zucchini Salad with Feta

- Slice the zucchini about ¼-inch thick (I use a Madeline or you can use a sharp knife) so it roasts evenly.
- Don't overcrowd the baking sheet or the zucchini will steam instead of caramelize.
- Let the zucchini cool for a few minutes before assembling the salad so the feta stays nice and crumbly.
- Toast the pistachios for an extra layer of flavor.
- Fresh herbs make all the difference, so don't skip them.

Variations

- Add cherry tomatoes for extra sweetness.
- Top with toasted pine nuts or walnuts instead of pistachios.
- Add grilled chicken for a complete meal.
- Finish with lemon zest for a brighter flavor.
- Replace feta with fresh burrata or shaved Parmesan.

Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. While best enjoyed fresh, the flavors become even more delicious after a few hours in the refrigerator. Let the salad come to room temperature before serving.

Frequently Asked Questions

Can I make this ahead of time?

Yes. Roast the zucchini up to one day in advance. Assemble the salad just before serving for the freshest presentation.

Can I grill the zucchini instead?

Absolutely. Grilled zucchini adds a wonderful smoky flavor and works beautifully in this recipe.

What herbs work best?

Fresh parsley, oregano, and basil are my favorites, but fresh mint or dill are also delicious.

Can I serve this cold?

Yes. It’s delicious warm, at room temperature, or chilled.

What to Serve With Roasted Zucchini Salad

This salad pairs beautifully with:

- Chicken Francese
- Italian Lemon garlic Shrimp
- Bruschetta Grilled Chicken with mozzarella
- Bone -in Pork Chops piccata
- Thin no-knead focaccia rolls

Final Thoughts

If your garden is overflowing with zucchini like mine does every summer, this roasted zucchini salad is one recipe you’ll find yourself making again and again. It’s fresh, colorful,

and full of Mediterranean flavors that let simple ingredients shine. Whether you're serving it at a backyard barbecue or alongside a family dinner, it's a side dish that's sure to disappear quickly.

If you make this recipe, I'd love to hear how it turned out! Leave a comment below and don't forget to rate the recipe. Be sure to follow along for more easy, Italian-inspired recipes made with fresh, seasonal ingredients.

Easy Roasted Zucchini Salad with Feta

This Roasted Zucchini Salad is a simple Mediterranean-inspired dish made with thinly sliced zucchini roasted until tender and lightly golden, then layered over a red wine vinaigrette and finished with feta, pistachios, and fresh basil. It's fresh, flavorful, and perfect as a side dish or light vegetarian meal.

- 3 medium zucchini (about 1½ lbs.), sliced into ¼-inch slices
- 4 Tbsp. olive oil divide
- 2 Tbsp. red wine vinegar
- 2 Tbsp. olive oil (for dressing base)
- 2 tsp. fresh or dried oregano,
- 1 Tbsp. fresh parsley, chopped

- 1/2 cup feta cheese, crumbled
- 1/3 cup pistachios, chopped and lightly toasted
- 1/3 cup fresh basil leaves, torn
- salt and pepper to taste

1. Preheat oven to 425°F (220°C).
2. Place sliced zucchini on a baking sheet. Drizzle with 2 tbsp olive oil and season with salt and pepper. Toss to coat.
3. Roast for 10–15 minutes, flipping halfway, until tender and lightly golden
4. On a serving platter, whisk together 2 tbsp olive oil, red wine vinegar, oregano, and parsley.
5. Arrange roasted zucchini over the vinaigrette.
6. Top with feta, pistachios, and fresh basil.
7. Finish with an extra drizzle of olive oil and serve warm or at room temperature.

Salad, Side Dish
Italian
roasted zucchini feta salad, Mediterranean zucchini salad, summer zucchini recipes, and easy roasted zucchini recipe.

Easy Italian Tomato Salad with Heirloom Tomatoes

Easy Italian Tomato Salad with Heirloom Tomatoes

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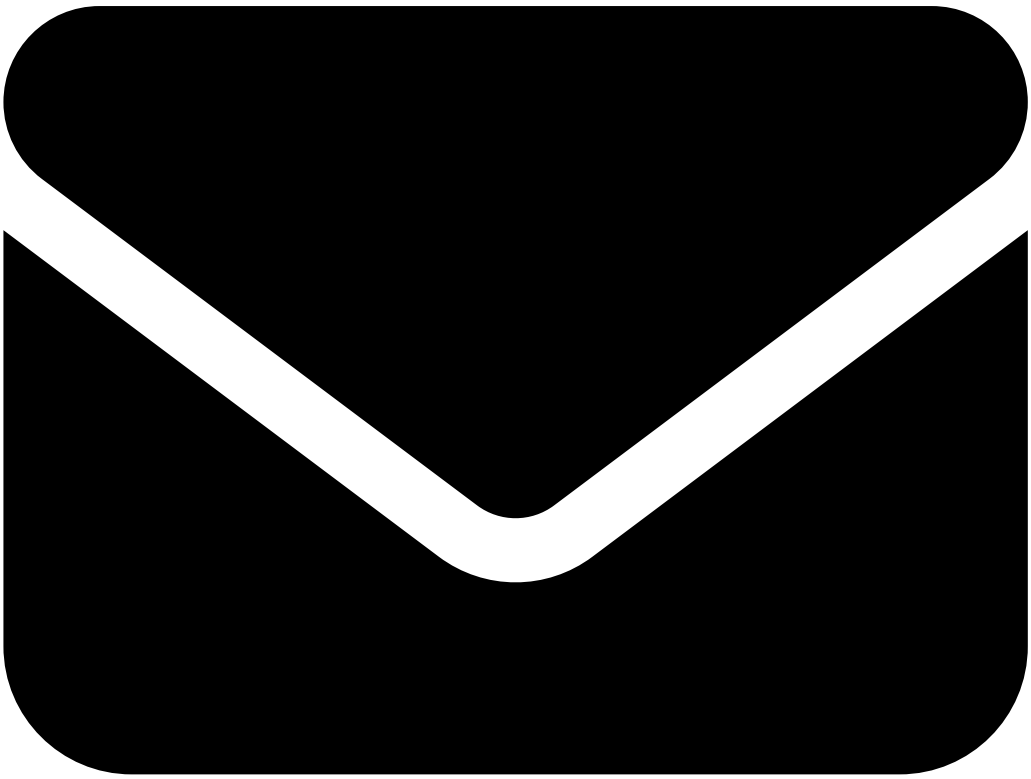

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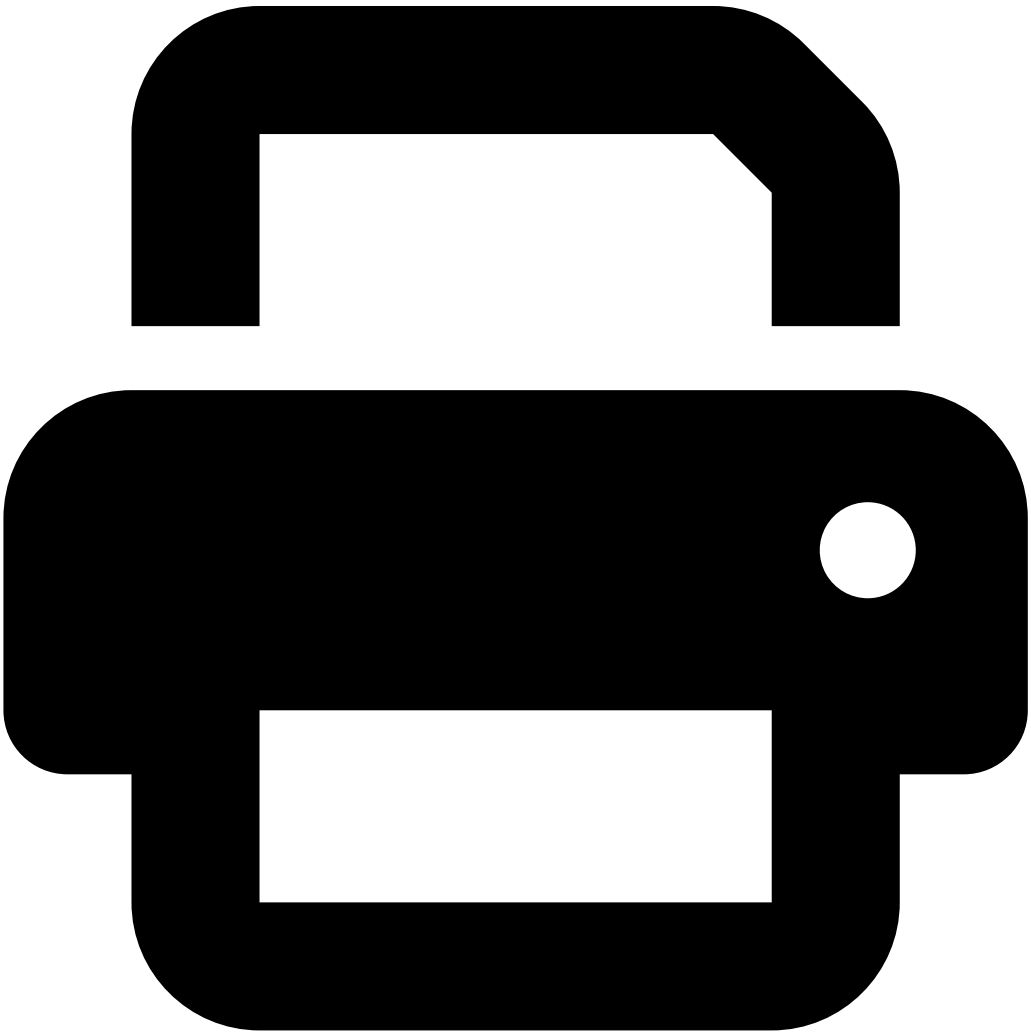


The Simple Italian Tomato Salad That Barely Needs a Recipe

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.

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.

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

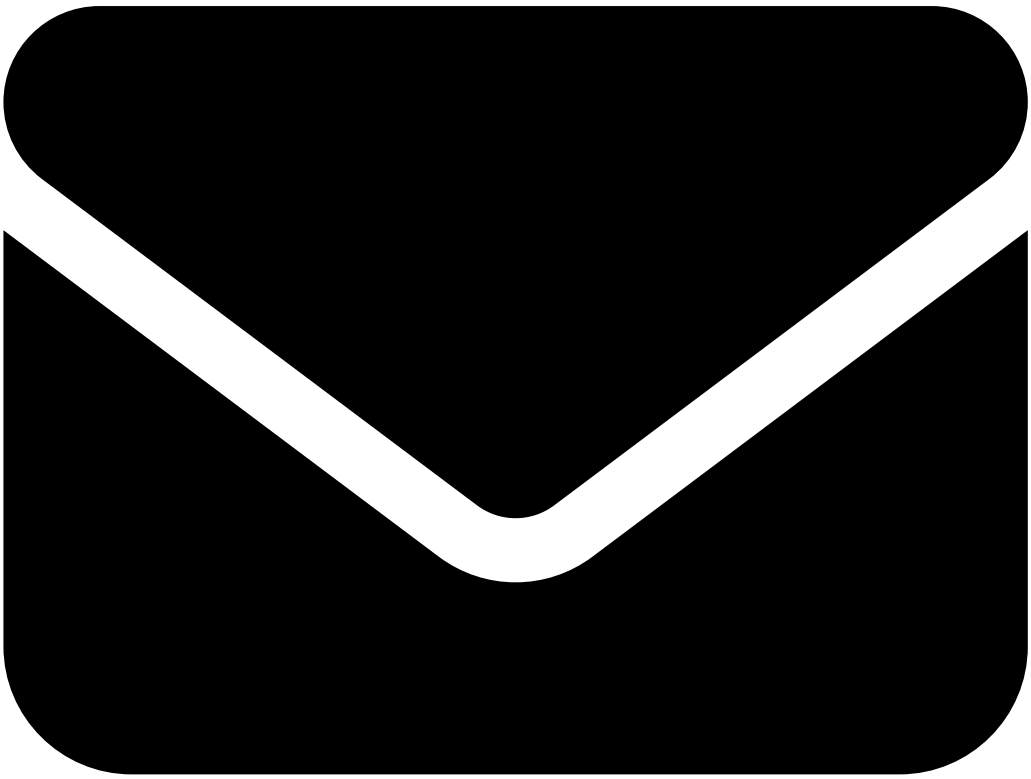
1. Slice the heirloom tomatoes and arrange them on a large serving platter or bowl.
2. top with the sliced red onions
3. Drizzle generously with extra virgin olive oil.
4. Sprinkle with oregano, salt, and black pepper.
5. Top with fresh basil leaves.

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

Chopped Peach Caprese Salad with Italian Vinaigrette

Chopped Peach Caprese Salad with Italian Vinaigrette 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.



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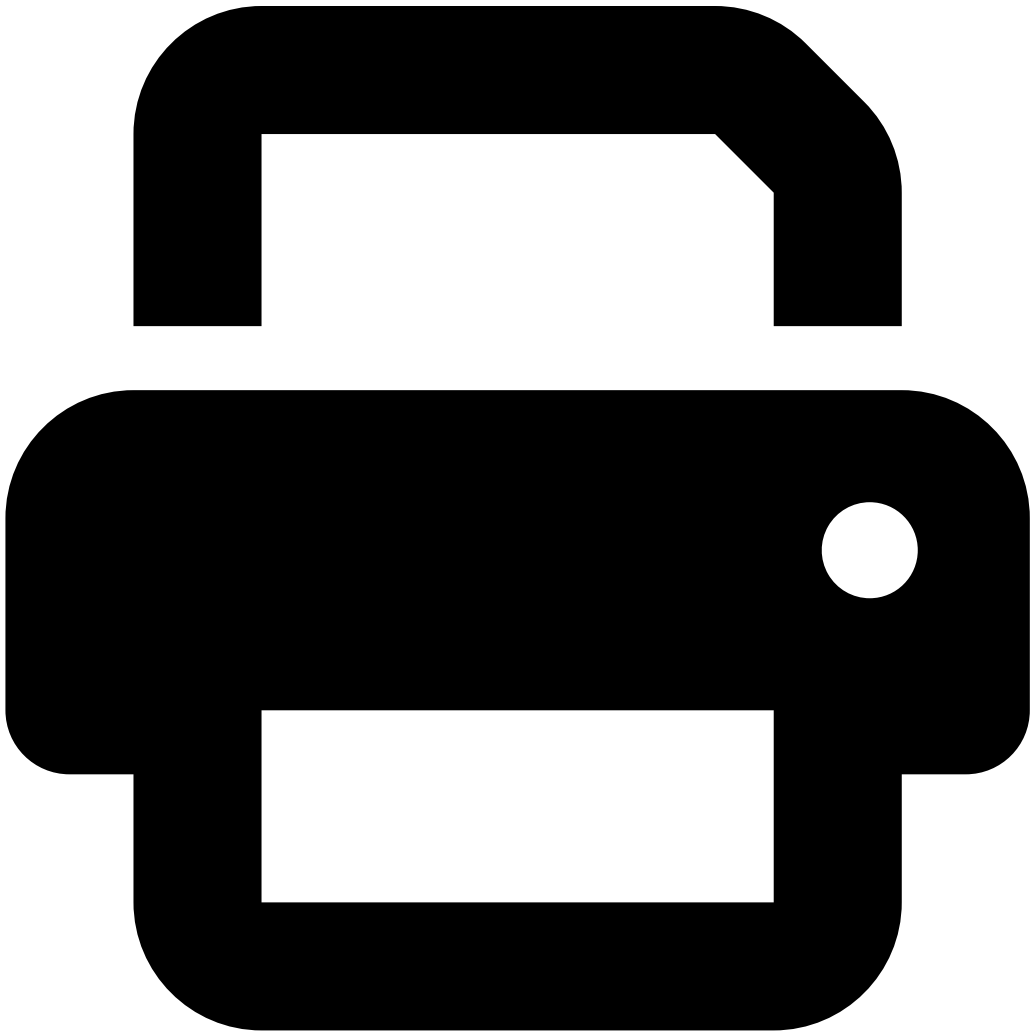

Sweet summer peaches, juicy tomatoes, creamy mozzarella, and fresh basil come together in this fresh and flavorful chopped peach caprese salad with Italian vinaigrette. Tossed in a homemade honey Italian dressing, this easy summer salad is perfect for cookouts, light lunches, and warm evenings when you 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.265

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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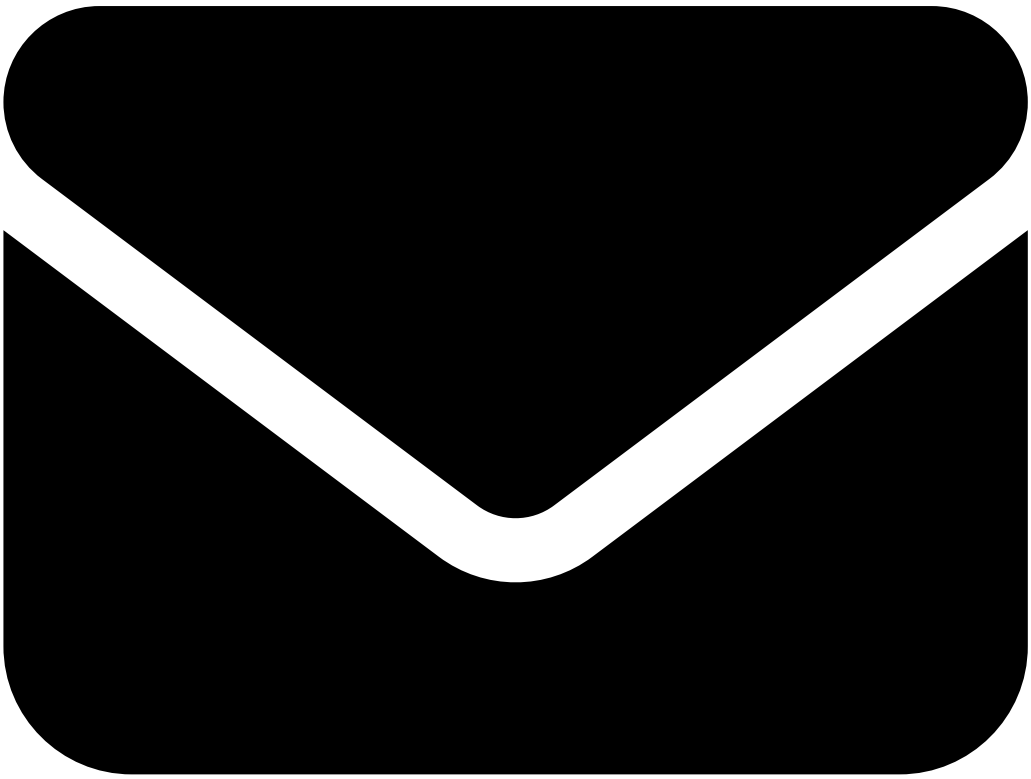

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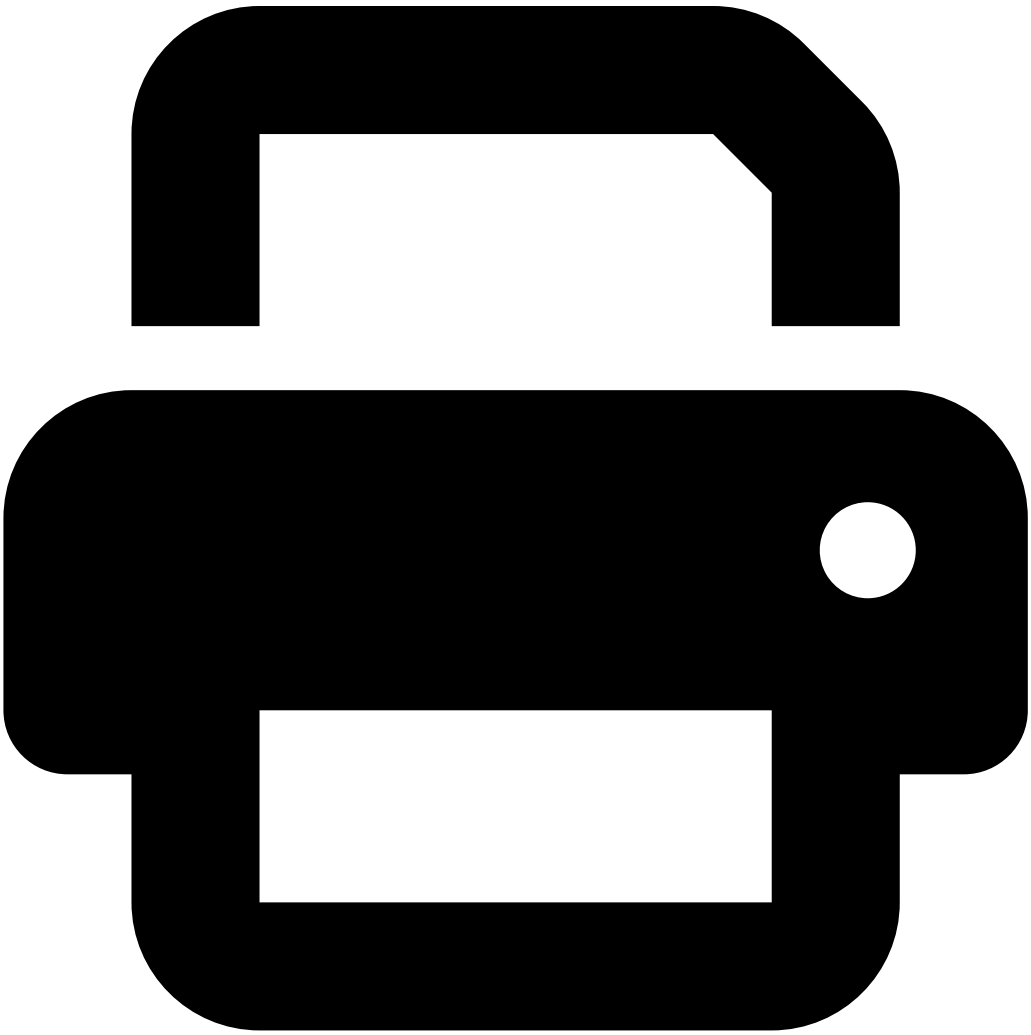


Italian salads are all about simplicity, seasonality, and bold fresh flavor. Growing up around Italian cooking, salads were never just an afterthought on the table. From simple tomato salads in the summer to hearty pasta salads for family gatherings, they always brought freshness and balance to the meal.

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

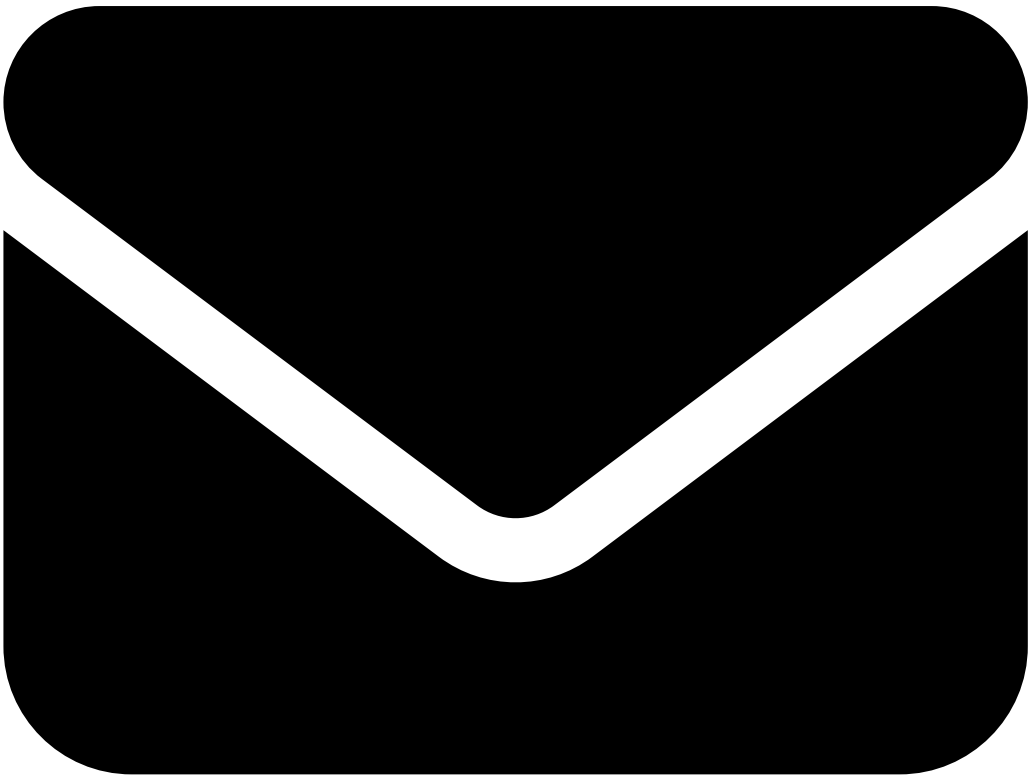
From fresh tomato salads and rustic bread salads to hearty pasta salads and seasonal vegetable dishes, Italian salads prove that simple ingredients can create incredible flavor. Whether you’re planning a summer gathering, looking for an easy side dish, or putting together a light lunch, these recipes 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.

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.



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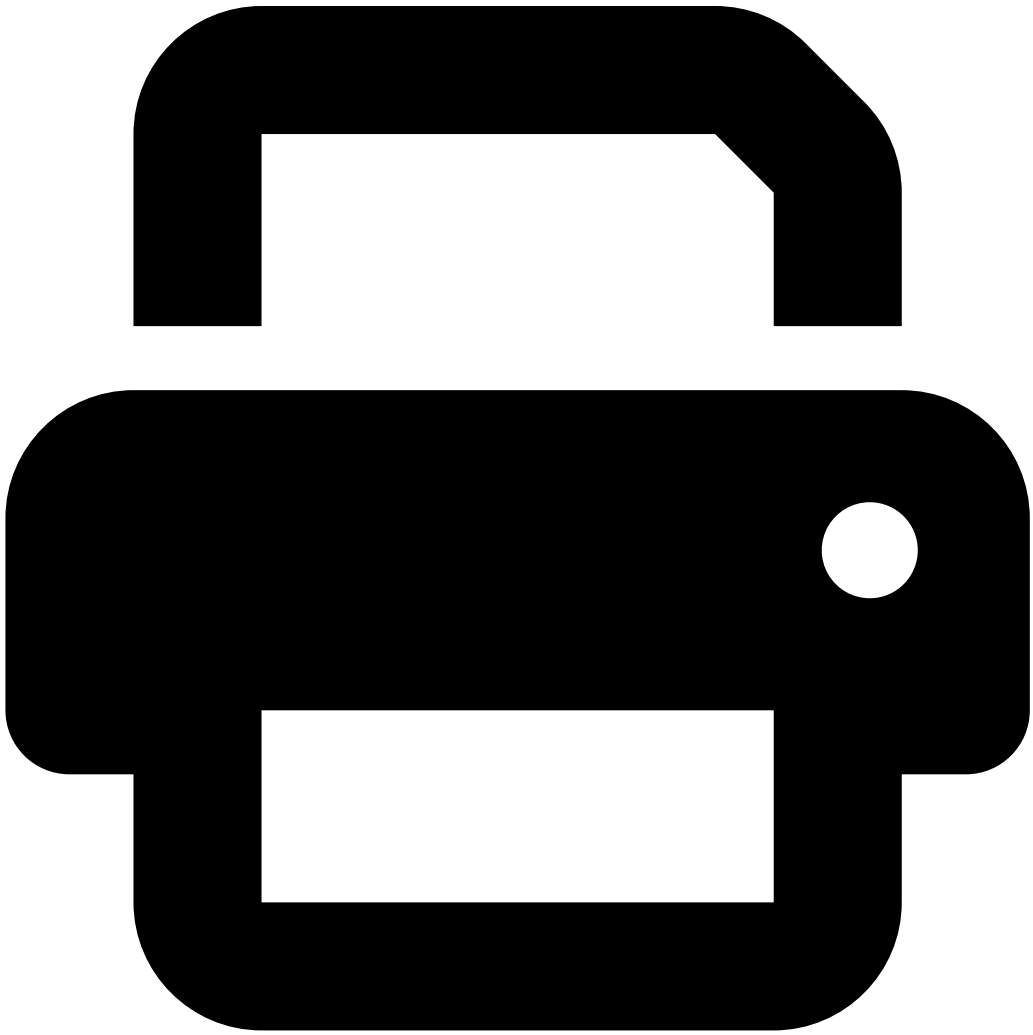

This is one of those “clean out the fridge but make it Italian” kind of meals. I love how the orzo soaks up the vinaigrette while still staying light, and the mix of crunchy cucumber, sweet tomatoes, and peppers keeps every bite interesting.

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.

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.

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

Easy Sicilian Potato Salad (No Mayo)

Sicilian Potato Salad (no mayo)

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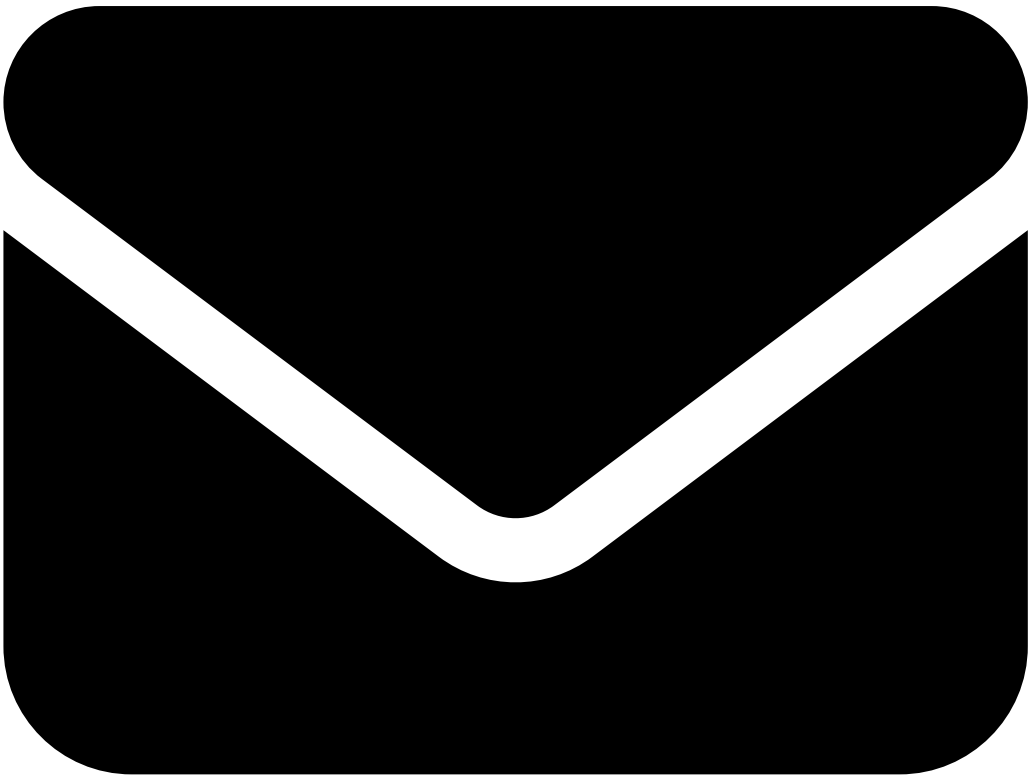

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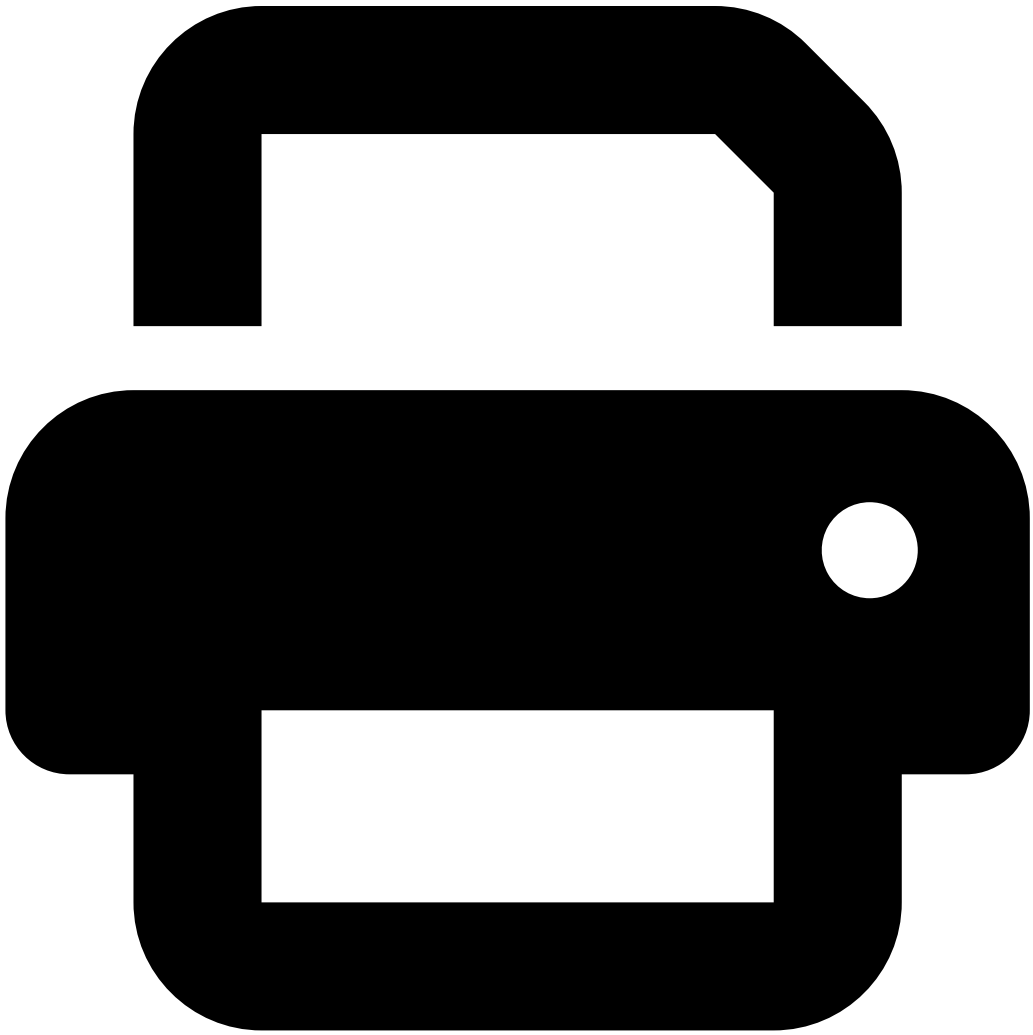

Although I come from Tuscany, Sicilian potato salad was something I grew up eating at so many family gatherings and summer meals. Italian cooking has a beautiful way of traveling from one region to another, and dishes like this become part of family traditions no matter where you're from. This Sicilian 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.

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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
no mayo potato salad,, pasta, Italian, Salad, Sicilian potato salad, sidedish

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Light & Fresh Italian Recipes for Summer

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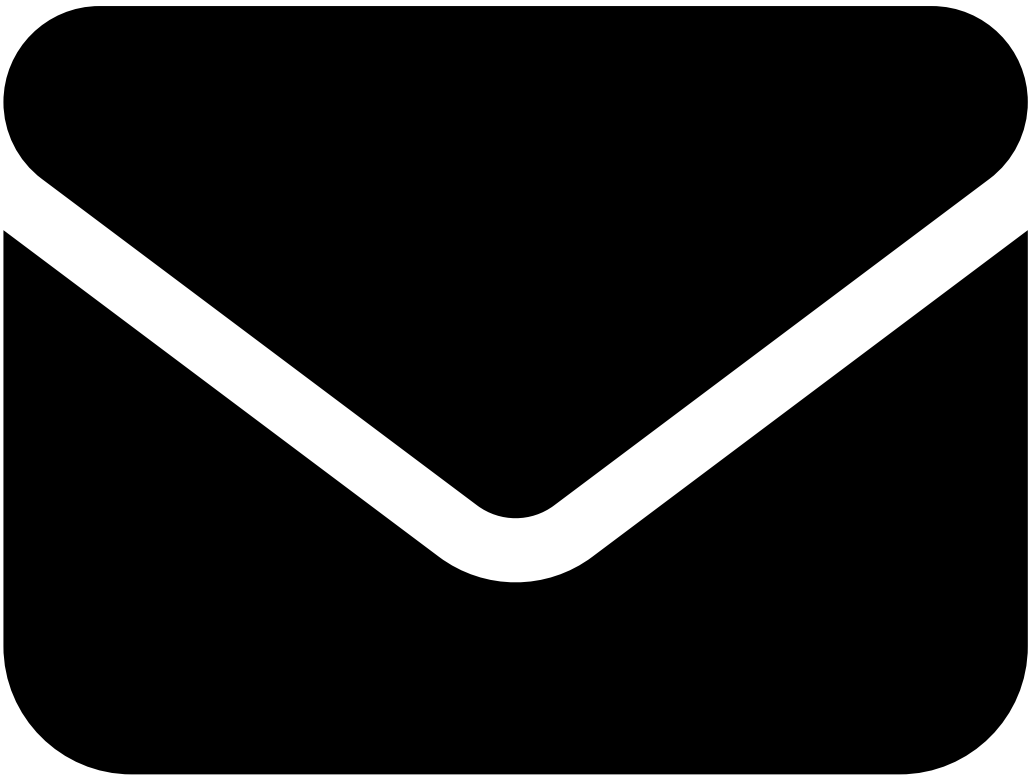

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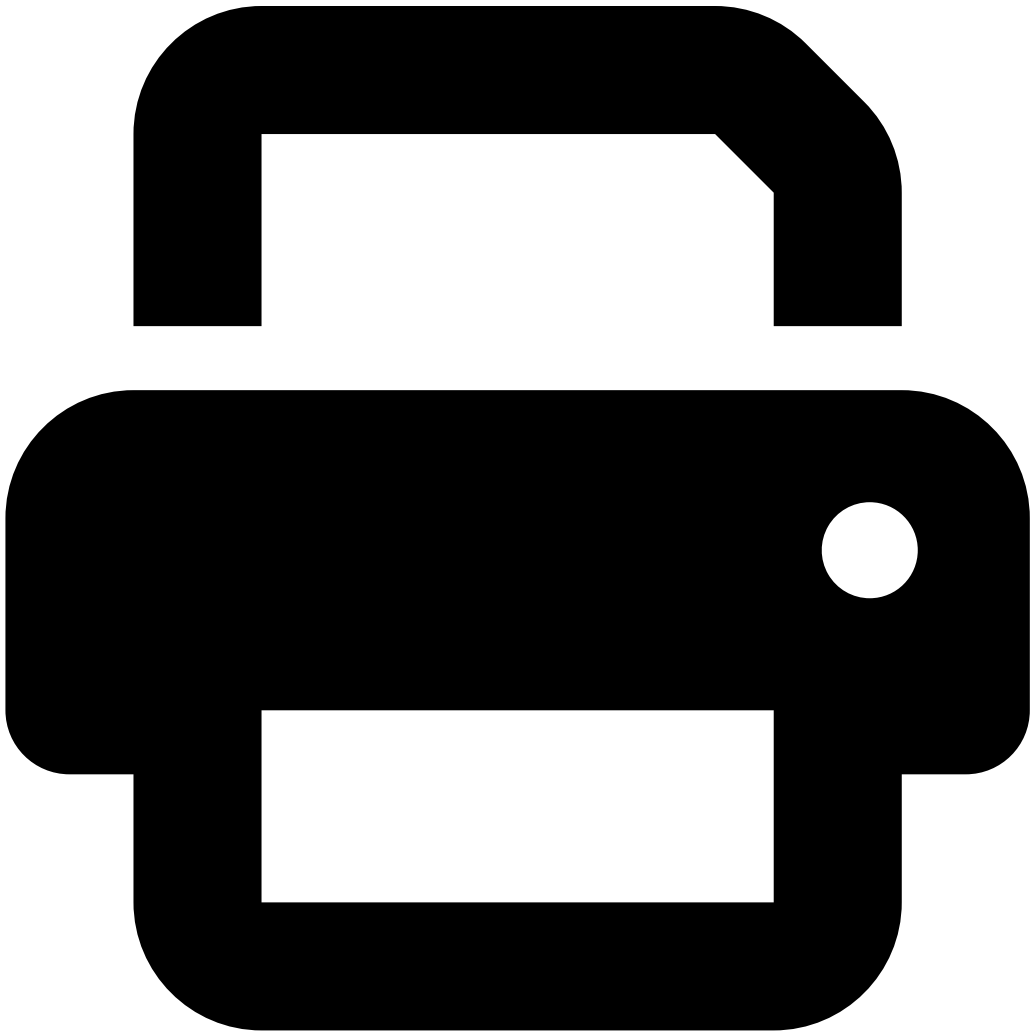

When the weather warms up, the way I cook shifts right along with it. I’m not looking for anything heavy or overcomplicated—I want food that feels fresh, simple, and full of flavor without spending all day in the kitchen.

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 prefect 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 lostGO 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.

Tubettini Pasta Salad (Italian pasta fredda)

Tubettini Pasta Salad (Italian pasta fredda)

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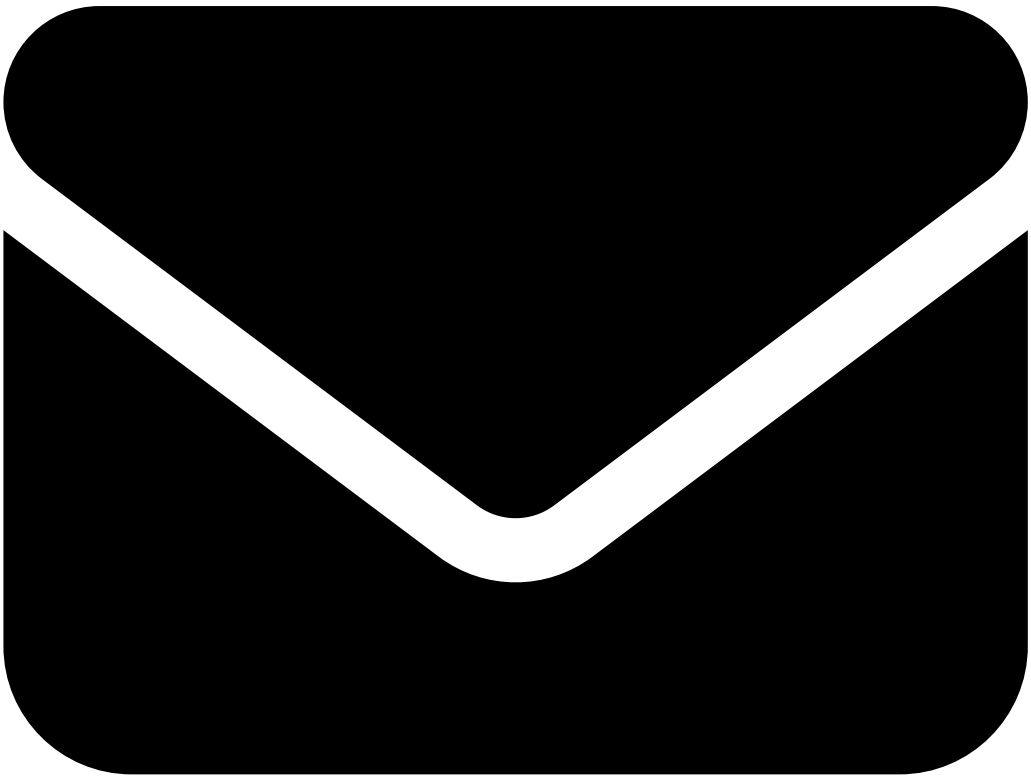

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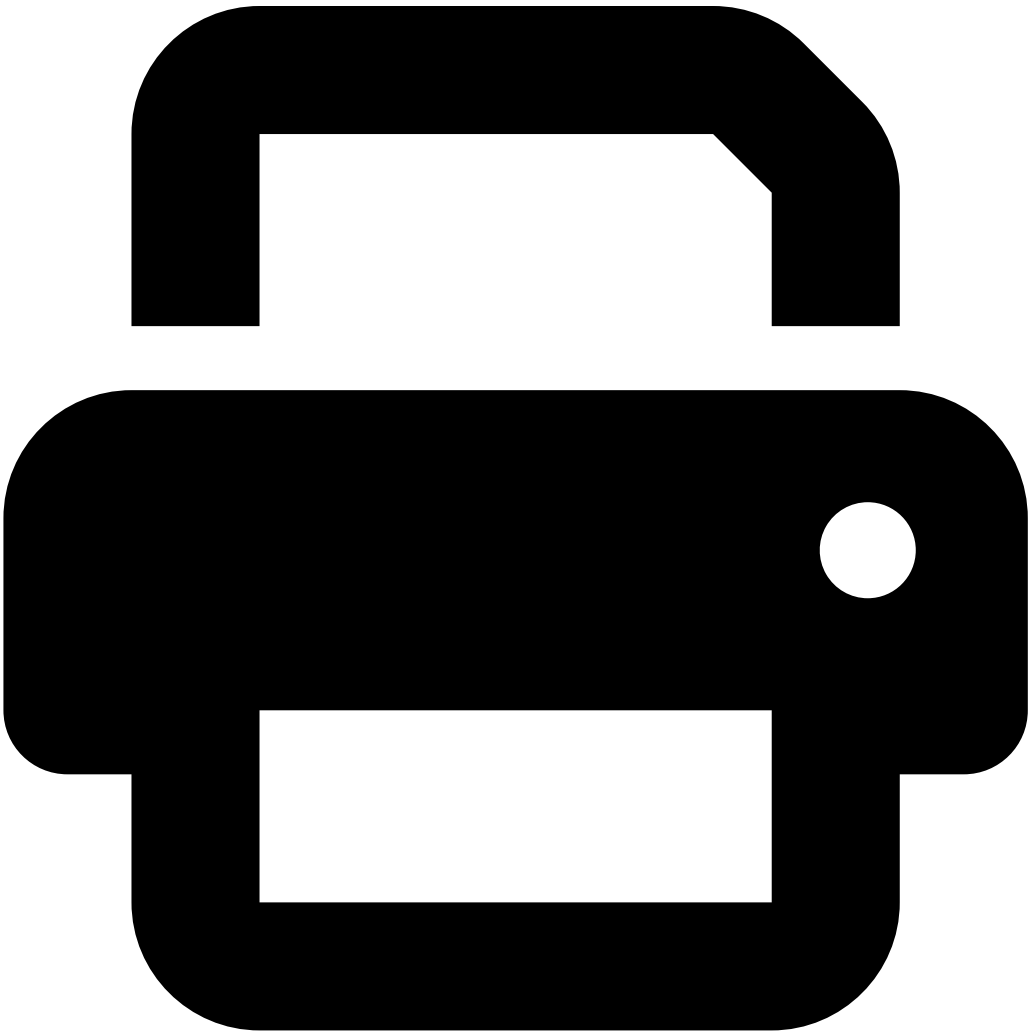

This is the kind of pasta salad I always come back to once the weather warms up—simple, fresh, and made with whatever I have in the fridge. I like using tubettini because it catches all the little bits of salumi, cheese, and dressing in every bite, and it reminds me of the easy summer meals we'd throw 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