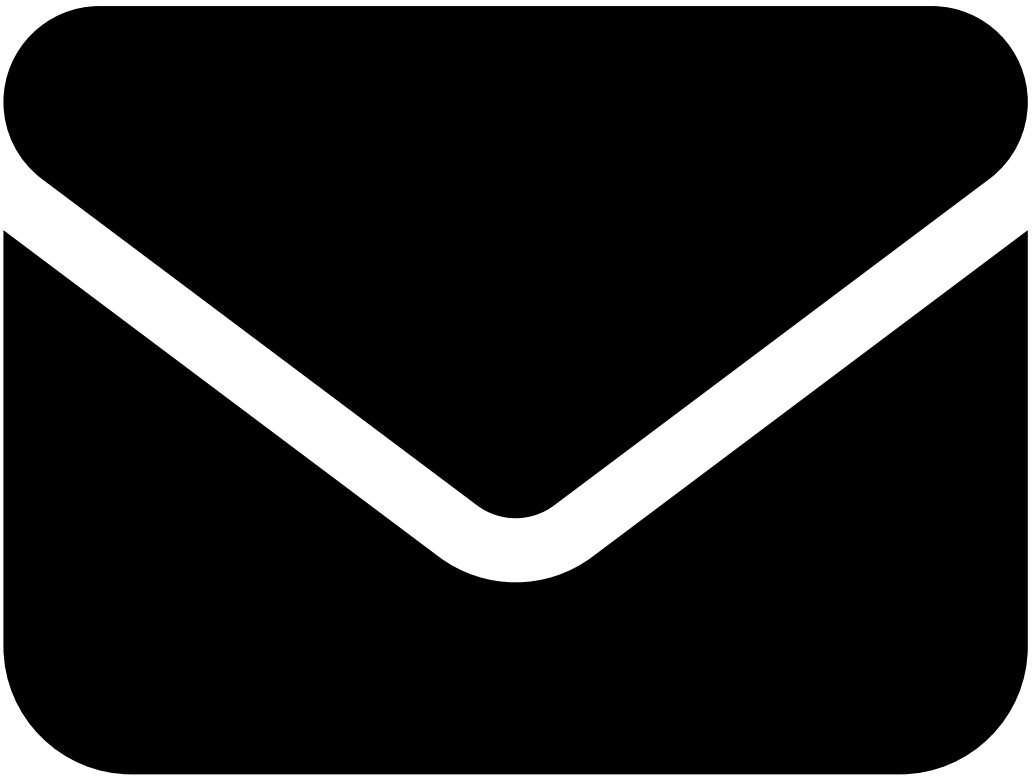
Easy Italian Tomato Salad with Heirloom Tomatoes

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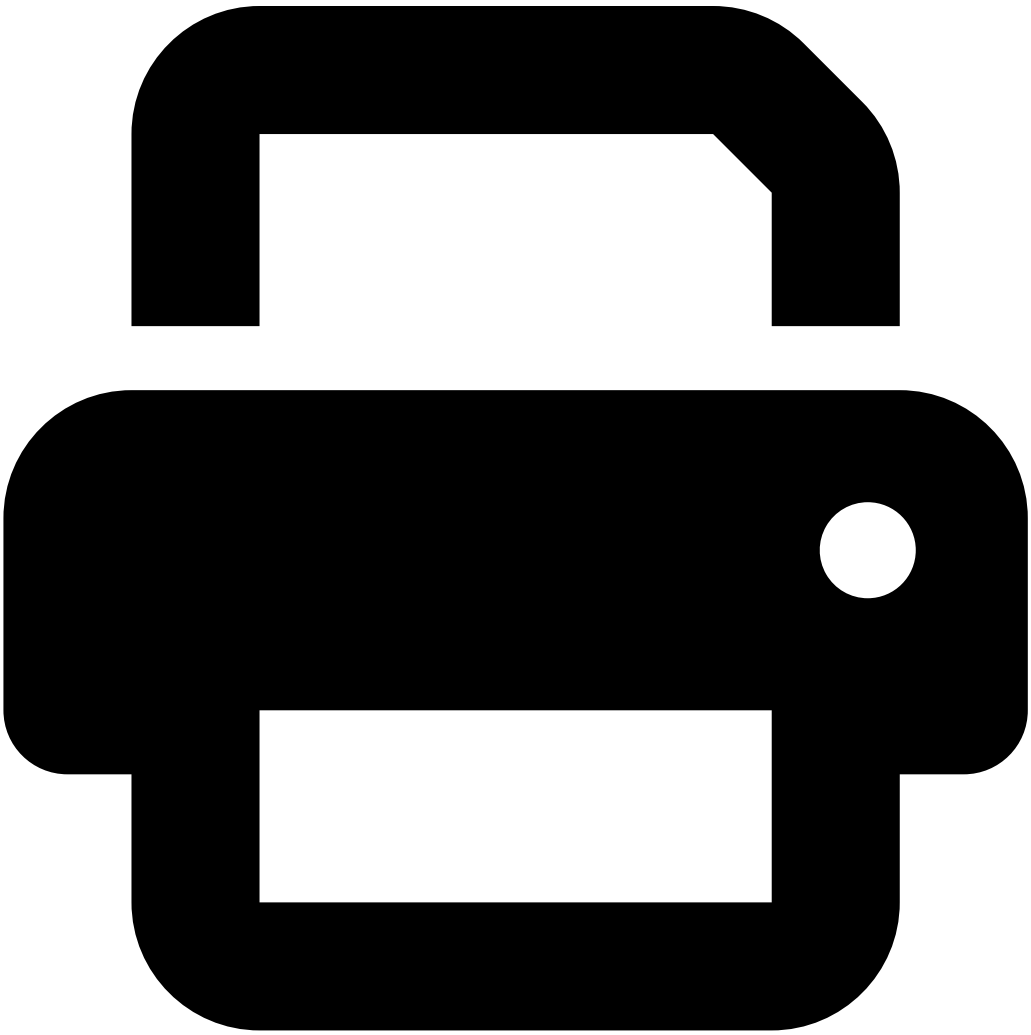
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The Simple Italian Tomato Salad That Barely Needs a Recipe

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