

Easy Roasted Zucchini Salad with Feta

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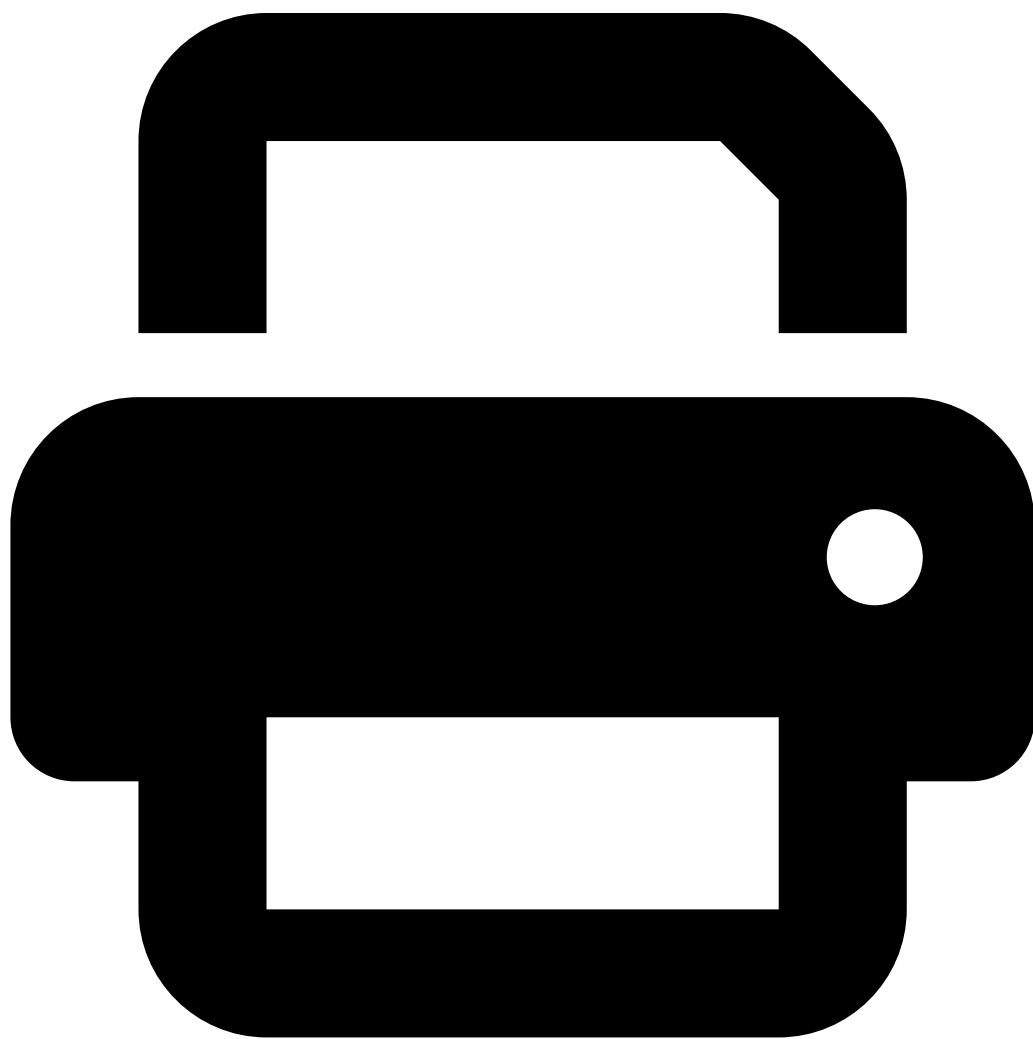
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Roasted Zucchini Salad You'll Make All year Long

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 $\frac{1}{4}$ -inch thick (I use a Mandoline 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.