

Plate Dream

Italian Salad

Crisp veggies tossed in a zesty Italian dressing for a light, satisfying salad.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 2 cups cherry tomatoes, halved
- [ ] 1 large cucumber, diced
- [ ] ½ red onion, thinly sliced
- [ ] ½ cup black olives, pitted and halved
- [ ] ¼ cup fresh basil leaves, torn
- [ ] ¼ cup extra-virgin olive oil

Dressing

- [ ] 2 tbsp red wine vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 garlic clove, minced
- [ ] ½ tsp dried oregano
- [ ] Pinch of sea salt
- [ ] Freshly ground black pepper, to taste

Instructions

1. Gather all vegetables and pat them dry; this keeps the salad crisp.
2. In a small bowl, whisk together red wine vinegar, Dijon mustard, minced garlic, oregano, salt, pepper, and olive oil until emulsified.
3. Place the tomatoes, cucumber, red onion, and olives in a large mixing bowl.
4. Drizzle the vinaigrette over the vegetables, toss gently, and fold in the fresh basil.
5. Taste and adjust seasoning; add a little more vinegar or oil if needed, then serve immediately.

Nutrition per serving

180 kcal	3 g	12 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder onion, soak the slices in cold water for 5 minutes, then drain.
- For extra crunch, sprinkle toasted pine nuts or sliced almonds just before serving.
- A light splash of lemon juice brightens the dressing without changing the Italian profile.