

Foodnity Recipes

Italian Pasta Salad for Family Pool Day

15 min Prep time	**12 min** Cook time	**27 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup fresh mozzarella pearls
- [ ] 1/2 cup black olives, sliced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/2 cup cucumber, diced

For the Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] 1 garlic clove, minced
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the rotini in salted boiling water until al dente, about 8-9 minutes; drain and rinse under cold water.
2. While the pasta cools, whisk together olive oil, lemon juice, honey, minced garlic, oregano, salt, and pepper in a small bowl.
3. In a large mixing bowl, combine the cooled pasta, tomatoes, olives, cucumber, red onion, and mozzarella pearls.
4. Pour the vinaigrette over the salad, toss gently until everything is evenly coated.
5. Cover and chill for at least 30 minutes. Before serving, garnish with fresh basil leaves and a drizzle of extra-virgin olive oil.

Nutrition per serving

320 kcal	10 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier salad, increase the lemon juice by an extra teaspoon.
- Add a handful of toasted pine nuts for crunch.
- Taste and adjust seasoning after chilling; flavors develop over time.