

Treasure Barrel

Italian Pasta Salad – Classic Recipe

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

Ingredients

Main Ingredients

- [ ] 12 oz rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, diced
- [ ] ½ cup red bell pepper, diced
- [ ] ¼ cup red onion, thinly sliced
- [ ] 1/3 cup black olives, sliced

Dressing

- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] 1 tbsp red wine vinegar
- [ ] 2 tbsp fresh basil, chopped
- [ ] 1 tbsp fresh parsley, chopped
- [ ] Salt and cracked pepper to taste

Instructions

1. Bring a large pot of salted water to boil, add the rotini, and cook until al dente, about 8 minutes. Drain, rinse under cold water, and set aside.
2. In a bowl, combine olive oil, lemon juice, honey, red wine vinegar, basil, parsley, salt, and pepper. Stir until emulsified.
3. Whisk the easy Italian dressing over the cooled pasta, ensuring every noodle is lightly coated.
4. Add the tomatoes, cucumber, bell pepper, onion, and olives. Toss gently, then let the salad rest for 10 minutes to meld flavors.
5. Taste and adjust seasoning; a final squeeze of lemon brightens the finish. Serve at room temperature, perhaps with a side of crusty bread.

Nutrition per serving

310 kcal	8 g	34 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems dry, drizzle a bit more olive oil before serving.
- For a heartier version, add grilled chicken strips.
- The vinaigrette can be prepared a day ahead for deeper flavor.