



Fresh Mediterranean Pasta Salad

A Salad Full of Sunshine

This pasta salad tastes like a sunny day. It is bright and happy. I make it when I need a little cheer. Doesn't that smell amazing?

All the fresh vegetables make it so colorful. The red peppers and green cucumbers look like a garden. It is a feast for your eyes before you even take a bite. This matters because eating beautiful food makes us feel good.

The Story Behind the Dressing

I learned to make this dressing from my friend Sophia. She visited

Greece once. She showed me how to whisk everything together in a big jar.

I still laugh at that. I used to be afraid of making dressings. Now I see it is just shaking things up. The honey and lemon are the secret. They make it just right.

Why We Cool the Pasta

Rinsing the pasta with cold water is a key step. It stops the cooking right away. This keeps your pasta from getting too soft and mushy.

Nobody wants a soggy salad. This matters because good texture makes food fun to eat. You get a nice little bite from every ingredient. What is your favorite texture in a salad? Is it the crunch or the chew?

A Little Fact About Feta

Let me tell you a fun fact. The feta cheese in this salad is special. *Fun fact: Traditional feta is always made from sheep's milk!* It gives it a tangy taste I just love.

I like to crumble it with my fingers. It feels like a little kitchen craft project. It makes the salad creamy and salty in the best way.

The Magic of Waiting

This recipe asks you to wait. You must put it in the fridge for one hour. This is the hardest part for me. I am always so eager to eat it.

But waiting is the secret magic. The flavors all get to know each other. They become best friends in the bowl. This matters because good things often take a little time. Do you have a hard time waiting for

treats to be ready?

Make It Your Own

The best part of cooking is making a recipe yours. You can change this salad. Maybe you do not like olives. That is okay. Leave them out.

Try adding something you love instead. Maybe some chickpeas for extra protein. Cooking should be a fun adventure. What is one ingredient you would love to add to this salad? Tell me about it.



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Ingredients:

| Ingredient | Amount | Notes |
|----------------------|------------------------|--------------|
| pasta of choice | 1 pound | |
| olive oil | $\frac{1}{2}$ cup | |
| mayo | 2 tablespoons | |
| red wine vinegar | $\frac{1}{3}$ cup | |
| lemon juice | $\frac{1}{2}$ lemon | juiced |
| Dijon mustard | 1 teaspoon | |
| honey | 2 teaspoons | |
| Italian seasoning | 1 teaspoon | |
| salt | $\frac{1}{2}$ teaspoon | |
| black pepper | $\frac{1}{4}$ teaspoon | |
| freshly chopped dill | 1 tablespoon | |
| red bell pepper | 1 | finely diced |
| cucumber | 1 | finely diced |
| red onion | $\frac{1}{2}$ | finely diced |
| cherry tomatoes | 1 cup | halved |
| olives | $\frac{1}{2}$ cup | sliced |
| feta cheese | 6 ounces | crumbled |



Fresh Mediterranean Pasta Salad

My Sunny Mediterranean Pasta Salad

Hello, my dear! Come sit with me. Today we are making my favorite summer pasta salad. It tastes like a sunny vacation. I first tried something like this at a friend's picnic. I still laugh at that day. I spent more time eating than talking!

See also [Strawberry Spinach Salad Recipe Easy Healthy Dish](#)

This dish is perfect for a hot day. It is cool, fresh, and so colorful. Doesn't that smell amazing? All those chopped vegetables make me so happy. Let's get our hands busy. I will walk you through it, step by lovely step.

Step 1: Cook the Pasta

First, we cook the pasta. Boil a big pot of water with a good sprinkle of salt. Cook your pasta just until it is tender. Then drain it and rinse with cold water. This stops the cooking and cools it right down. (My hard-learned tip: do not skip the cold rinse! It keeps the pasta from getting mushy.)

Step 2: Make the Dressing

Now for the magic dressing. In a big bowl, we mix olive oil, mayo, and vinegar. Add a squeeze of lemon juice and a dab of mustard. A little honey makes it just right. Whisk it all together until it looks creamy. I love the sound of the whisk in the bowl.

Step 3: Combine Everything

Time to bring the party together! Add your cooled pasta to the dressing. Then toss in all your colorful veggies. The red pepper, cucumber, and tomatoes are so pretty. Do not forget the salty olives and feta cheese. What is your favorite colorful veggie to add? Share below!

Step 4: Chill and Rest

Give everything a gentle toss. Make sure that lovely dressing coats it all. Now, patience is key. Cover the bowl and let it rest in the fridge. One hour is perfect. The flavors get to know each other and become best friends.

Cook Time: 15 minutes

Total Time: 1 hour 15 minutes

Yield: 6 servings

Category: Lunch, Side Dish

Three Tasty Twists to Try

This recipe is like a good friend. It is happy to change with you. Feel free to play with your food! I do it all the time. Here are a few fun ideas to get you started.

See also Banana Cake

Protein Power

Add a can of drained chickpeas or some chopped grilled chicken. It makes the salad a full meal. My grandson loves it this way.

Spicy Kick

Chop up a pinch of red pepper flakes. Mix it right into the dressing. It gives you a little surprise in every bite.

Garden Herb Swap

Use fresh basil or parsley instead of dill. It smells like a summer garden. I love this change. Which one would you try first? Comment below!

Serving Your Masterpiece

This salad is a star on its own. But it also loves company. I like to serve it in a big, colorful bowl. It looks so cheerful. For a real treat, scoop it into little lettuce cups. It is fun to eat with your hands.

For drinks, I have two favorites. A glass of chilled lemonade is perfect for a sunny afternoon. For a grown-up evening, a crisp white wine pairs beautifully. The cool wine and the tangy salad are a dream. Which would you choose tonight?



Fresh Mediterranean Pasta Salad

Keeping Your Pasta Salad Perfect

This salad loves a cool fridge. Store it in a sealed container for up to three days. The flavors get even friendlier overnight.

I do not recommend freezing this one. The fresh veggies will get sad and watery when they thaw. It is best enjoyed fresh and cold.

I once made a huge batch for a summer picnic. Having it ready in the fridge saved the day. Batch cooking means a good meal is always close by.

This matters because life gets busy. A ready-made meal helps you relax. You deserve an easy, delicious lunch.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Hiccups

Is your pasta too soft? Make sure to rinse it with cold water right away. This stops the cooking process completely.

Is the salad a bit dry? Just whisk up a little more olive oil and lemon juice. I remember when my first batch was too dry. A quick dressing fix made it perfect.

Are the flavors not popping? Let it sit in the fridge for an hour. This gives the ingredients time to get to know each other.

Getting this right builds your cooking confidence. A well-rested salad also tastes so much better. Every bite will be full of happy flavor.

Which of these problems have you run into before?

See also Baked Sweet and Sour Chicken Recipe

Your Pasta Salad Questions Answered

Q: Can I make this gluten-free? A: Yes! Just use your favorite gluten-free pasta. It works just as well.

Q: How far ahead can I make it? A: You can make it a full day ahead. The flavors will be wonderful.

Q: I do not like olives. What can I use? A: Try chopped artichoke hearts or roasted red peppers instead. Make it your own.

Q: Can I double the recipe for a crowd? A: Absolutely. Use your biggest bowl for mixing. It is perfect for parties.

Q: Any other add-in ideas? A: Chickpeas or chopped spinach are lovely extras. They add a nice little boost.

Fun fact: The word “al dente” is Italian. It means “to the tooth,” for a pasta with a slight bite.

Which tip will you try first?

Until Next Time, My Dear

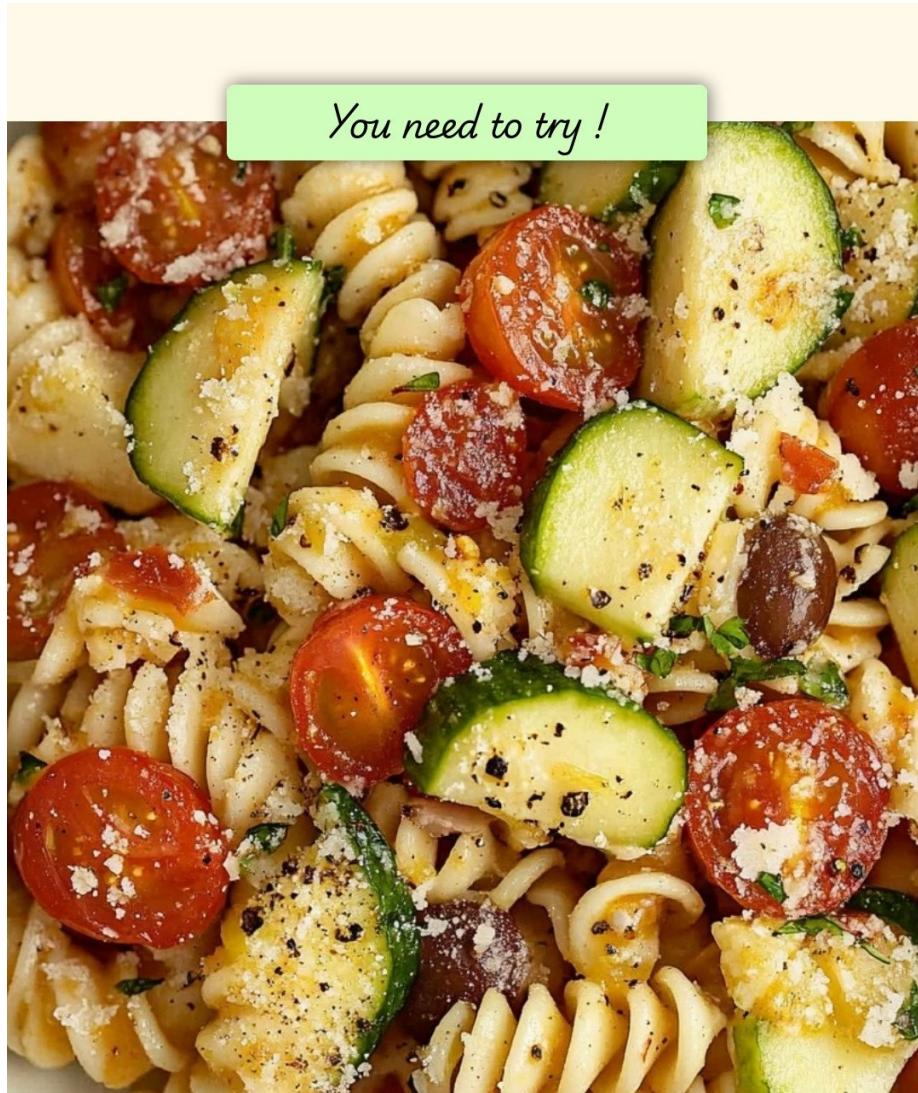
I hope you love making this bright, sunny salad. It always brings a smile to my table.

I would be so thrilled to see your creation. Share a picture of your beautiful dish with everyone.

Have you tried this recipe? Tag us on Pinterest!

Happy cooking!

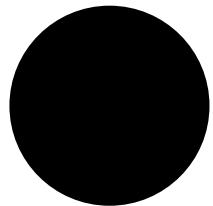
—Elowen Thorn.



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Fresh Mediterranean Pasta Salad

Author: Elowen Thorn

Cooking Method:[Stovetop No-Cook](#)

Cuisine: [Mediterranean](#)

Courses:[Lunch Side](#)



Fresh Mediterranean Pasta Salad | 20

Difficulty: **Beginner**

Prep time: **20 minutes**

Cook time: **10 minutes**

Rest time:**1 hour**

Total time: **1 hour 30 minutes**



Fresh Mediterranean Pasta Salad | 25

Servings: **6 servings**

Calories: **596 kcal**

Best Season: Summer

Description

A vibrant and refreshing pasta salad packed with crisp vegetables, briny

olives, and creamy feta cheese, all tossed in a zesty homemade dressing.

Ingredients

- 1 pound pasta of choice
- $\frac{1}{2}$ cup olive oil
- 2 tablespoons mayo
- $\frac{1}{3}$ cup red wine vinegar
- $\frac{1}{2}$ lemon, juiced
- 1 teaspoon Dijon mustard
- 2 teaspoons honey
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon freshly chopped dill
- 1 red bell pepper, finely diced
- 1 cucumber, finely diced
- $\frac{1}{2}$ red onion, finely diced
- 1 cup cherry tomatoes, halved
- $\frac{1}{2}$ cup sliced olives
- 6 ounces feta cheese, crumbled

Instructions

1. Cook the pasta to al dente according to package directions in a large pot of salted water. Once the pasta is done, drain and rinse with cold water to stop them from continuing to cook and cool down. Set aside.
2. In a large bowl, whisk together the olive oil, mayo, vinegar, lemon juice, Dijon, honey, Italian seasoning, salt, and black pepper until

combined. You can also add ingredients to a large jar and use an immersion blender to blend your Greek dressing.

3. Add the cooled pasta to the bowl along with the dill, bell pepper, cucumber, red onion, tomatoes, olives, and feta.
4. Toss until combined. Cover and refrigerate for 1 hour before serving and enjoy!

Notes

For the best flavor, allow the salad to chill for the full hour before serving. This salad can be made a day ahead.

Keywords: Pasta Salad, Mediterranean, Feta, Vegetarian, Lunch, Side Dish