
Low-Glycemic Three Bean Salad with Herb Vinaigrette

A fiber-rich bean medley dressed in tangy vinaigrette that keeps blood sugar stable while delivering satisfying flavor for summer gatherings.

Prep: 15 min

Total: 45 min

Servings: 5

GL 6.5 / GI 50

Ingredients

Low GI (24), excellent fiber source kidney beans, drained and rinsed

Low GI (31), creamy texture cannellini beans, drained and rinsed

Very low GI, adds crunch frozen green beans, thawed

Contains quercetin for blood sugar support red onion, finely diced

Antioxidant-rich herb fresh parsley, chopped

May improve insulin sensitivity apple cider vinegar

Healthy fats slow glucose absorption extra virgin olive oil

REDUCED from original - consider erythritol or stevia for zero glycemic impact granulated sweetener or sugar

fine sea salt

freshly cracked black pepper

Adds tang without sugar Dijon mustard

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Instructions

Step 1

Open both cans of kidney beans and cannellini beans. Pour into a fine-mesh strainer and rinse thoroughly under cold running water for 30 seconds to remove excess sodium and starch. Drain completely and transfer to a large mixing bowl.

Step 2

If using frozen green beans, place them in a colander and run under cool water until fully thawed, or let them sit at room temperature for 20 minutes. Pat dry with paper towels to remove excess moisture, then add to the bowl with the other beans.

Step 3

Peel and thinly slice the red onion, then submerge the slices in a small bowl filled with ice water. Let soak for 5 minutes to mellow the sharp bite and improve digestibility. Drain well, pat dry, and finely dice. Add to the bean mixture.

Step 4

Rinse the fresh parsley under cold water and shake dry. Remove the leaves from the stems and roughly chop until you have about $\frac{1}{4}$ cup. Add the chopped parsley to the bowl with the beans and onion.

Step 5

In a separate small bowl or jar with a lid, combine the apple cider vinegar, olive oil, sweetener, salt, black pepper, and Dijon mustard. Whisk vigorously for 30 seconds until the dressing is fully emulsified and slightly thickened, or shake in the sealed jar until well combined.

Step 6

Pour the prepared dressing over the bean mixture. Using a large spoon or spatula, gently fold everything together until all ingredients are evenly coated with the vinaigrette. Be careful not to mash the beans.

Step 7

Cover the bowl tightly with plastic wrap or transfer to an airtight container. Refrigerate for at least 30 minutes and up to 24 hours to allow the flavors to meld and the beans to absorb the dressing. Stir well before serving, taste and adjust seasoning if needed. Serve chilled as a side dish or light lunch paired with lean protein for optimal blood sugar balance.