
Mediterranean Kale Power Salad with Lemon-Herb Dressing

A vibrant, nutrient-dense salad featuring massaged kale, crisp vegetables, briny olives, and tangy feta—perfect for stable blood sugar and sustained energy.

Prep: 15 min

Total: 15 min

Servings: 4

GL 2.3 / GI 23

Ingredients

about 10 ounces or 1 large bunch kale leaves, stems removed and finely chopped

about 1 pint cherry tomatoes, halved

about 1 medium cucumber cucumber, seeded and diced

about half a medium onion red onion, thinly sliced

Kalamata olives, sliced

about 1/2 cup crumbled feta cheese

extra virgin olive oil

fresh lemon juice

garlic clove, minced

dried oregano

to taste sea salt and black pepper

Instructions

Step 1

Prepare the kale by removing the tough center stems and finely chopping the leaves into bite-sized pieces. Place the chopped kale in a large salad bowl.

Step 2

Massage the kale by adding a pinch of salt and using your hands to gently squeeze and knead the leaves for 2-3 minutes until they become darker, softer, and reduced in volume. This breaks down the fibrous texture and makes the kale more tender and digestible.

Step 3

Prepare all the vegetables: halve the cherry tomatoes, dice the cucumber after removing the seeds, and thinly slice the red onion into half-moons. Slice the olives if using whole ones.

Step 4

Add the prepared tomatoes, cucumber, red onion, and sliced olives to the bowl with the massaged kale. Toss gently to combine all the vegetables evenly.

Step 5

Make the dressing by whisking together the extra virgin olive oil, fresh lemon juice, minced garlic, dried oregano, salt, and black pepper in a small bowl until well emulsified.

Step 6

Pour the lemon-herb dressing over the salad and toss thoroughly to ensure every piece of kale and vegetable is coated with the flavorful dressing.

Step 7

Add the crumbled feta cheese and gently fold it into the salad, reserving a small amount to sprinkle on top for presentation.

Step 8

Let the salad rest for 5-10 minutes before serving to allow the flavors to meld and the kale to further soften. Serve immediately, or refrigerate for up to 2 days—the kale actually improves as it marinates. For optimal blood sugar control, enjoy this salad as your first course or pair with a lean protein source.