

Low-Glycemic Green Goddess Power Salad

A nutrient-dense salad featuring lean protein, healthy fats, and fiber-rich vegetables with a creamy herb dressing—perfect for stable blood sugar levels.

Prep: 20 min

Cook: 25 min

Total: 45 min

Servings: 8

GL 0.8 / GI 14

Ingredients

~1 lb before baking, provides lean protein to stabilize blood sugar baked chicken breasts, sliced

adds protein and fat to slow glucose absorption cooked bacon, chopped

herb-rich dressing with healthy fats green goddess dressing

~7.5 oz, high-fiber base with negligible glycemic impact mixed salad greens

low-carb, high-fiber vegetable watermelon radishes, thinly sliced

95% water content, minimal glycemic impact cucumber, thinly sliced

contains quercetin which may support insulin sensitivity red onion, thinly sliced into quarter moons

rich in monounsaturated fats that slow carbohydrate absorption avocado, thinly sliced

provides magnesium for insulin function and healthy fats pepitas (pumpkin seeds)

Instructions

Step 1

Prepare the chicken breasts by baking at 375°F (190°C) for 20-25 minutes until internal temperature reaches 165°F, or use pre-cooked leftover chicken. Allow to cool slightly, then slice into thin strips.

Step 2

Cook the bacon until crispy using your preferred method—oven, stovetop, or air fryer. Once cooled, chop or crumble into bite-sized pieces and set aside.

Step 3

Prepare the green goddess dressing by blending fresh herbs (basil, parsley, chives), either 1/2 cup Greek yogurt or 1/2 avocado, 2 tablespoons lemon juice, 1/4 cup olive oil, 1 garlic clove, and salt to taste until smooth and creamy. Note: Greek yogurt base provides more protein; avocado base increases healthy fats. Refrigerate until ready to use.

Step 4

In a large salad bowl, arrange the mixed greens as your base. Distribute the thinly sliced watermelon radishes, cucumber rounds, and red onion quarter moons evenly over the greens.

Step 5

Artfully arrange the sliced chicken breast and avocado fans on top of the vegetable mixture, distributing them evenly across the salad for balanced servings. Each serving should contain approximately 2 oz chicken and 2-3 avocado slices.

Step 6

Sprinkle the crumbled bacon and pepitas over the entire salad, ensuring each serving will receive a portion of these protein-rich toppings. Aim for about 1 tablespoon pepitas per serving.

Step 7

Just before serving, drizzle the green goddess dressing over the salad or serve it on the side for individual portions. Use approximately 1.5 tablespoons dressing per serving. Toss gently if desired, and serve immediately for optimal freshness and texture.

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Step 8

For best blood sugar management, eat the vegetables and protein first before any accompanying carbohydrates. This salad is complete as a standalone meal and pairs well with a small portion of quinoa or roasted sweet potato if additional carbohydrates are desired.