
Mediterranean Black Lentil Salad with Feta and Fresh Herbs

A vibrant, protein-rich lentil salad featuring crisp vegetables, tangy feta, and aromatic herbs—perfect for steady energy without blood sugar spikes.

Prep: 20 min

Cook: 26 min

Total: 46 min

Servings: 6

GL 3.3 / GI 21

Ingredients

Low GI (~32), excellent protein and fiber source dry black lentils, sorted and rinsed

Minimal glycemic impact, rich in magnesium fresh spinach, sliced into ribbons

No glycemic impact, adds fresh flavor fresh parsley, chopped

Very low GI (~15), high water content cucumber, seeded and diced

Low GI, vitamin C rich red bell pepper, diced

Healthy fats slow glucose absorption walnut balsamic vinaigrette

Protein and fat help stabilize blood sugar feta cheese, crumbled

sea salt

freshly ground black pepper

Instructions

Step 1

Sort through the dry black lentils to remove any debris or damaged lentils. Rinse them thoroughly under cold running water using a fine-mesh strainer.

Step 2

Transfer the rinsed lentils to a medium saucepan and add enough cold water to cover them by about 2 inches. Place the pan over high heat and bring to a rolling boil.

Step 3

Once boiling, reduce the heat to medium-low to maintain a gentle simmer. Cook the lentils uncovered for 20 to 26 minutes, stirring occasionally, until they're tender but still hold their shape with a slight bite.

Step 4

Drain the cooked lentils in a colander and rinse them under cool running water to stop the cooking process and remove excess starch. Shake off excess water and transfer to a large mixing bowl. Allow them to cool for 5 minutes.

Step 5

While the lentils cool, prepare your vegetables: slice the spinach into thin ribbons, finely chop the parsley, dice the seeded cucumber into small cubes, and cut the red bell pepper into similar-sized pieces.

Step 6

Add the sliced spinach, chopped parsley, diced cucumber, and red bell pepper to the bowl with the cooled lentils. Toss gently to distribute the vegetables evenly throughout.

Step 7

Pour the walnut balsamic vinaigrette over the salad mixture, then add the crumbled feta cheese, sea salt, and freshly ground black pepper. Toss everything together gently but thoroughly until all ingredients are well coated with the dressing.

Step 8

Taste and adjust seasoning if needed. Serve immediately at room temperature, or cover and refrigerate for at least 30 minutes to allow the flavors to meld. This salad tastes even better after chilling and can be stored in an airtight container for up to 4 days.