
Mediterranean Black Lentil Salad with Feta and Fresh Herbs

A nutrient-dense, low-glycemic salad featuring protein-rich black lentils, crisp vegetables, and tangy feta—perfect for stable blood sugar levels.

Prep: 20 min

Cook: 20 min

Total: 40 min

Servings: 6

GL 3.3 / GI 21

Ingredients

Low GI of 25, excellent for blood sugar control dry black lentils, sorted and rinsed

Non-starchy vegetable, negligible glycemic impact fresh spinach, sliced into ribbons

Adds flavor without affecting blood sugar fresh parsley, chopped

Very low GI, high water content cucumber, diced and seeded

Low GI vegetable, rich in vitamin C 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 the water 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 any excess water and transfer the lentils to a large mixing bowl.

Step 5

While the lentils are still slightly warm, add the sliced spinach ribbons, chopped parsley, diced cucumber, and diced red bell pepper to the bowl. The residual warmth will slightly wilt the spinach for better flavor absorption.

Step 6

Drizzle the walnut balsamic vinaigrette over the lentil and vegetable mixture. Add the sea salt and freshly ground black pepper.

Step 7

Toss all ingredients together gently but thoroughly, ensuring the vinaigrette coats everything evenly. Fold in the crumbled feta cheese, distributing it throughout the salad.

Step 8

Taste and adjust seasoning if needed. Serve immediately at room temperature, or cover and refrigerate for up to 3 days. For best glycemic control, eat this salad before other courses or pair with lean protein.