

Herb-Crusted Grilled Salmon with Mediterranean Flavors

Omega-3 rich salmon topped with fresh herbs and garlic creates a blood sugar-friendly meal that supports heart health and sustained energy without glucose spikes.

Prep: 10 min

Cook: 8 min

Total: 18 min

Servings: 4

GL 0.4 / GI 26

Ingredients

Fresh herbs provide antioxidants with zero glycemic impact fresh basil, chopped

Rich in vitamin K and has negligible effect on blood sugar fresh parsley, chopped

May improve insulin sensitivity and glucose metabolism garlic, minced

Acidic component helps lower glycemic response of meals fresh lemon juice

Excellent protein source with omega-3s, zero glycemic impact wild-caught salmon fillets, 5 oz each

To taste, contains piperine which may enhance nutrient absorption cracked black pepper

Provides healthy fats and Mediterranean flavor without affecting blood sugar green olives, chopped

For garnish, minimal carbohydrate content fresh lemon slices, thin

Use olive oil or avocado oil spray for heart-healthy fats cooking spray

Instructions

Step 1

Preheat your grill to high heat (about 450-500°F). If using a gas grill, turn all burners to high and close the lid for 10 minutes. For charcoal, wait until coals are covered with white ash and glowing red. Lightly coat the grill grates with cooking spray while away from the heat source to prevent sticking.

Step 2

While the grill heats, prepare the herb mixture by combining the chopped basil, parsley, minced garlic, and lemon juice in a small bowl. Stir well to create a chunky paste that will adhere to the salmon. This fresh herb crust adds incredible flavor without any carbohydrates or blood sugar impact.

Step 3

Pat the salmon fillets completely dry with paper towels, then lightly spray both sides with cooking spray. Season the flesh side generously with cracked black pepper. Divide the herb-garlic mixture into four equal portions and press firmly onto the top of each fillet, creating a thick crust that will caramelize beautifully on the grill.

Step 4

Place the salmon fillets herb-side down directly on the hot grill grates. Close the lid and cook for 3-4 minutes without moving them—you'll see the edges begin to turn opaque and white. This initial sear creates a flavorful crust while keeping the interior moist.

Step 5

Carefully flip the salmon fillets using a wide spatula and transfer them to a piece of aluminum foil on the grill. Move to a cooler zone of the grill or reduce heat to medium. Continue cooking for another 3-4 minutes until the salmon reaches an internal temperature of 145°F and flakes easily with a fork but remains slightly translucent in the very center for optimal texture.

Step 6

Remove the salmon from the grill and transfer to warmed serving plates. Top each fillet with chopped green olives and a thin lemon slice for garnish. Serve immediately alongside non-starchy vegetables or a large mixed green salad to create a complete blood sugar-friendly meal that provides sustained energy without glucose spikes.