

Low-Glycemic Mexican Bean and Egg Salad Bowl

A protein-packed Mexican-inspired salad featuring fiber-rich beans, creamy avocado, and perfectly soft-boiled eggs that keeps blood sugar stable for hours.

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 4

GL 18.5 / GI 29

Ingredients

Protein source with zero glycemic impact large eggs

Healthy fats slow glucose absorption ripe avocados, peeled and pitted

Low GI (39), high in resistant starch canned pinto beans, rinsed and drained

Low GI (28), excellent fiber source canned kidney beans, rinsed and drained

Minimal glycemic impact, adds flavor small red onion, thinly sliced

Zero glycemic impact, rich in antioxidants fresh cilantro leaves, roughly chopped

Low GI (15), high in lycopene cherry tomatoes, halved

Choose sugar-free varieties for best glycemic control lime and cilantro dressing

Capsaicin may improve insulin sensitivity fresh red chili, deseeded and finely sliced

May help regulate blood sugar levels ground cumin

Instructions

Step 1

Bring a medium pot of water to a rolling boil over high heat. Carefully lower the eggs into the boiling water using a slotted spoon, then reduce heat to maintain a gentle boil. Set a timer for exactly 6 minutes 30 seconds for soft-boiled eggs with jammy yolks.

Step 2

While the eggs cook, prepare an ice bath by filling a medium bowl with cold water and ice cubes. When the timer goes off, immediately transfer the eggs to the ice bath using a slotted spoon. Let them cool for at least 5 minutes to stop the cooking process.

Step 3

Meanwhile, halve the avocados, remove the pits, and scoop out the flesh. Slice the avocado into bite-sized pieces and place in a large serving bowl. Add the rinsed and drained pinto beans and kidney beans to the bowl.

Step 4

Add the thinly sliced red onion, halved cherry tomatoes, and roughly chopped cilantro leaves to the bowl with the beans and avocado. Gently toss the ingredients together, being careful not to mash the avocado.

Step 5

In a small bowl, combine the fresh lime juice, extra virgin olive oil, finely sliced red chili, ground cumin, sea salt, and freshly ground black pepper. Whisk together until the spices are evenly distributed and the dressing is well emulsified.

Step 6

Once the eggs have cooled completely, gently tap them on a hard surface and peel away the shells under cool running water. Pat the eggs dry with a paper towel, then carefully cut each egg into quarters lengthwise.

Step 7

Drizzle the spiced lime dressing over the bean and vegetable mixture, then gently toss everything together until evenly coated. Taste and adjust seasoning with additional salt or lime juice if needed.

Step 8

Divide the salad among four serving bowls or plates. Arrange the soft-boiled egg quarters on top of each portion, nestling them into the salad. Serve immediately while the eggs are still slightly warm for the best flavor and texture. For optimal blood sugar control, eat the vegetables and protein first before adding any tortillas or bread on the side.