
Low-Glycemic Mexican Black Bean Salad with Baked Tortilla Chips

Fiber-rich black beans and creamy avocado create a blood sugar-friendly salad that's satisfying, colorful, and packed with nutrients for steady energy.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

GL 15.0 / GI 37

Ingredients

Use whole wheat tortillas for even lower GI; keep portions small as these are moderate GI flour tortillas, cut into small pieces

extra virgin olive oil

Cajun or Mexican seasoning mix

iceberg lettuce, shredded

Excellent low-GI protein source (GI ~30); rinsing reduces sodium canned black beans, rinsed and drained

cherry tomatoes, halved

Nearly zero GI; healthy fats slow glucose absorption ripe avocados, pitted, peeled and sliced

fresh lime, juiced

fresh coriander leaves

Instructions

Step 1

Preheat your oven to 200°C (180°C fan/400°F/gas mark 6). Line a baking sheet with parchment paper for easy cleanup.

Step 2

Cut the flour tortillas into bite-sized pieces, roughly 2-3 cm squares. Spread them evenly on the prepared baking sheet in a single layer to ensure even crisping.

Step 3

Drizzle the olive oil over the tortilla pieces and sprinkle with the Cajun or Mexican seasoning. Toss everything together with your hands until the pieces are evenly coated. Bake for 10-12 minutes, checking at 8 minutes, until golden and crispy. The baking method keeps the GI around 60 compared to fried chips which can exceed 75 GI. Set aside to cool completely for maximum crispness.

Step 4

While the tortilla chips bake, prepare your vegetables. Shred the romaine lettuce into bite-sized pieces and place in a large serving bowl. Romaine provides significantly more vitamins A, K, and folate than iceberg lettuce while maintaining the same low glycemic impact. Halve the cherry tomatoes and add them to the bowl.

Step 5

Rinse the black beans thoroughly under cold water in a colander to remove excess sodium and starch. Drain well and add to the salad bowl. The black beans provide the foundation of this low-GI meal with their GI of approximately 30 and high fiber content.

Step 6

Cut the avocados in half, remove the pits, and scoop out the flesh. Slice into even pieces and immediately toss with the fresh lime juice in a small bowl to prevent browning and add bright flavor. The healthy fats in avocado help slow carbohydrate absorption and lower the overall glycemic response of the meal.

Step 7

Add the lime-dressed avocado to the salad bowl. Gently toss all ingredients together, being careful not to mash the avocado. For optimal blood sugar control, you can eat the vegetables first, then the beans and avocado, which helps moderate glucose absorption.

Step 8

Divide the salad among 4 serving plates or bowls, ensuring each portion is approximately 1.5 cups. Top each serving with approximately 1/4 cup of the crispy tortilla chips and garnish with fresh cilantro leaves just before serving. Serve immediately for the best texture contrast between crispy chips and fresh vegetables. This portion size provides balanced macronutrients while keeping the glycemic load at approximately 15 per serving.