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# Mediterranean Low-Glycemic Greek Salad

*A vibrant, blood sugar-friendly Greek salad featuring crisp vegetables, briny olives, and creamy feta—perfect for stable energy and Mediterranean wellness.*

Prep: 15 min

Total: 15 min

Servings: 4

**GL 1.5 / GI 15**

## Ingredients

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**Choose firm, ripe tomatoes for best flavor and lowest sugar content** ripe tomatoes, cut into bite-sized pieces

**High water content and fiber help with satiety** English cucumber, sliced into half moons

**Contains quercetin which may help regulate blood sugar** small red onion, thinly sliced

**Optional but adds vitamin C and fiber** medium green bell pepper, sliced

**Healthy fats slow glucose absorption** Kalamata olives

**Contains antioxidants and anti-inflammatory compounds** dried oregano, plus more for serving

**To taste** fine sea salt

**To taste** fresh ground black pepper

**Vinegar improves insulin sensitivity** red wine vinegar

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**Monounsaturated fats support metabolic health** extra virgin olive oil

[logifoodcoach.com/recipes/mediterranean-low-glycemic-greek-salad](https://logifoodcoach.com/recipes/mediterranean-low-glycemic-greek-salad)

**Protein and fat help stabilize blood sugar** feta cheese, cut into generous slices

## Instructions

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### Step 1

Place the thinly sliced red onion in a bowl of cold water and let soak for 10 minutes. This step mellows the sharp bite while maintaining crispness. Drain thoroughly and pat dry with paper towels.

### Step 2

In a large serving bowl, combine the bite-sized tomato pieces, cucumber half-moons, drained red onion slices, and green bell pepper strips. Toss gently to distribute the vegetables evenly.

### Step 3

Add the Kalamata olives to the vegetable mixture along with the dried oregano, sea salt, and a generous grinding of fresh black pepper. Toss everything together and allow the salad to rest for 5 minutes so the vegetables release their natural juices.

### Step 4

Give the salad another gentle toss to redistribute the seasonings and vegetable juices that have accumulated at the bottom of the bowl.

### Step 5

Drizzle the red wine vinegar evenly over the salad, followed by the extra virgin olive oil. Toss gently but thoroughly to coat all vegetables with the dressing.

### Step 6

Arrange the feta cheese slices on top of the salad, nestling them attractively among the vegetables. Sprinkle additional dried oregano over the feta and vegetables.

### Step 7

Serve immediately at room temperature for optimal flavor, or refrigerate for up to 30 minutes if you prefer a chilled salad. For best blood sugar management, enjoy this salad at the beginning of your meal or pair it with grilled protein.