

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

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

Monounsaturated fats support metabolic health extra virgin olive oil

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

Instructions

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.