
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 1.4 / GI 15

Ingredients

Low GI vegetable, rich in lycopene ripe tomatoes, cut into bite-sized pieces

Very low GI, high water content English cucumber, sliced into half moons

Contains quercetin for insulin sensitivity small red onion, thinly sliced

Low GI, high in vitamin C medium green bell pepper, sliced

Healthy fats slow glucose absorption Kalamata olives

Antioxidant herb dried oregano

For seasoning fine sea salt

For seasoning fresh ground black pepper

Vinegar may improve insulin sensitivity red wine vinegar

Monounsaturated fats for glycemic control extra virgin olive oil

Protein and fat moderate blood sugar response feta cheese, cut into generous slices

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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, pungent flavor while maintaining the onion's crisp texture and helps reduce the glycemic impact by removing some of the natural sugars. 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 throughout the bowl.

Step 3

Add the Kalamata olives to the vegetable mixture. Sprinkle the dried oregano, sea salt, and a generous grinding of fresh black pepper over the salad. Toss everything together thoroughly 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. Drizzle the red wine vinegar evenly over the vegetables, followed by the extra virgin olive oil. Toss once more to ensure every ingredient is lightly coated with the dressing. The vinegar's acidity helps lower the overall glycemic response of the meal.

Step 5

Arrange the feta cheese slices on top of the salad, nestling them into the vegetables rather than mixing them in. This traditional presentation allows diners to get feta in every bite while maintaining its creamy texture. The protein and fat in feta further stabilize blood sugar levels.

Step 6

Finish with an additional pinch of dried oregano sprinkled over the feta and vegetables. Taste and adjust seasoning with more salt, pepper, vinegar, or olive oil if desired.

Step 7

Serve immediately at room temperature for optimal flavor and glycemic benefit. For best blood sugar management, eat the vegetables first before any bread or starches, allowing the fiber and healthy fats to slow glucose absorption. This salad provides sustained energy for 3-4 hours without blood sugar spikes.