

Low-Glycemic Salmon-Stuffed Avocados with Fresh Herbs

Protein-rich salmon salad nestled in creamy avocado halves creates a blood sugar-friendly lunch with healthy fats, omega-3s, and zero refined carbs.

Prep: 10 min

Total: 10 min

Servings: 4

GL 1.4 / GI 31

Ingredients

Choose avocados that yield slightly to pressure; extremely low GI with healthy fats that slow glucose absorption large ripe avocados, halved and pitted

High-quality protein with zero glycemic impact; omega-3 fatty acids support insulin sensitivity canned wild-caught salmon, drained

Minimal carbohydrate content; adds flavor without affecting blood sugar fresh green onions, finely minced

Aromatic herb with negligible carbs and potential blood sugar benefits fresh dill, finely minced

Rich in antioxidants; virtually no glycemic impact fresh parsley, finely minced

May help improve insulin sensitivity; minimal carbohydrate per serving garlic, minced

Low glycemic; citric acid may help moderate blood sugar response fresh lemon juice

Pure fat with zero glycemic impact; supports cardiovascular health extra virgin olive oil

May improve post-meal glucose response when consumed with meals apple cider vinegar

logifoodcoach.com/recipes/low-glycemic-salmon-stuffed-avocados-with-fresh-herbs

No glycemic impact; adjust to taste preference sea salt

Capsaicin may boost metabolism; zero glycemic impact cayenne pepper

Instructions

Step 1

Slice each avocado in half lengthwise, carefully working your knife around the pit. Twist the halves apart and remove the pit by gently tapping your knife into it and twisting. Set the four avocado halves on a serving platter or individual plates, hollow side up.

Step 2

Open and drain the canned salmon thoroughly, removing any excess liquid. Transfer the salmon to a medium mixing bowl and use a fork to flake it into smaller pieces, checking for and removing any bones or skin.

Step 3

Add the minced green onions, fresh dill, parsley, and garlic to the bowl with the salmon. These fresh herbs provide bright flavor and beneficial compounds without adding carbohydrates.

Step 4

Drizzle in the lemon juice, olive oil, and apple cider vinegar. The combination of acid and healthy fat creates a light dressing that enhances the salmon while supporting stable blood sugar.

Step 5

Season the mixture with sea salt and a pinch of cayenne pepper for subtle heat. Gently fold all ingredients together until evenly combined, being careful not to over-mix and break down the salmon too much.

Step 6

Taste the salmon salad and adjust seasoning as needed. You may want additional lemon juice for brightness or more salt depending on your preference.

Step 7

Divide the salmon mixture evenly among the four avocado halves, mounding it generously in the hollow where the pit was removed. Each portion should contain approximately one-quarter of the filling.

Step 8

Serve immediately for the best texture and flavor. For optimal blood sugar management, eat the avocado and healthy fats first, which will help slow the absorption of any carbohydrates consumed later in your meal. Garnish with extra fresh herbs or a light drizzle of olive oil if desired.