

Almond-Crusted Chicken Breasts with Herb Coating

Crispy almond-coated chicken breasts deliver satisfying crunch with blood sugar-friendly protein and healthy fats that slow glucose absorption.

Prep: 15 min

Cook: 15 min

Total: 30 min

Servings: 4

GL 10.8 / GI 45

Ingredients

Low GI, adds healthy fats and fiber ground almonds

Medium-high GI; consider almond flour for lower GI all-purpose flour

No glycemic impact dry thyme

No glycemic impact onion powder

No glycemic impact garlic powder

No glycemic impact salt

No glycemic impact black pepper

Low GI liquid, minimal impact skim milk

Zero GI protein, stabilizes blood sugar boneless, skinless chicken breasts, 4 ounces each

Zero GI healthy fat, slows absorption olive oil

Instructions

Step 1

Preheat your oven to 400°F (200°C). Prepare a rimmed baking sheet by lightly coating it with cooking spray or lining it with parchment paper to prevent sticking.

Step 2

Create the almond coating mixture by combining ground almonds, all-purpose flour, dried thyme, onion powder, garlic powder, salt, and black pepper in a shallow bowl or plate. Mix thoroughly to distribute the seasonings evenly throughout the coating.

Step 3

Pour the skim milk into a separate shallow bowl. Set up your breading station with the almond mixture, milk bowl, and a clean plate for the coated chicken breasts.

Step 4

Pat each chicken breast dry with paper towels. Dredge each breast first in the almond mixture, coating all sides, then dip into the milk, allowing excess to drip off, and finally press back into the almond mixture for a second coating. Place coated breasts on a clean plate.

Step 5

Heat a large nonstick skillet over medium-high heat and add the olive oil, swirling to coat the pan. Once the oil shimmers and is hot but not smoking, reduce heat to medium.

Step 6

Carefully place the coated chicken breasts in the hot skillet without crowding. Sear for 3-4 minutes on the first side until the almond crust turns deep golden brown and crispy. Flip and sear the second side for just 1 minute to set the coating.

Step 7

Transfer the seared chicken breasts to the prepared baking sheet. Bake in the preheated oven for 10-12 minutes, or until the internal temperature reaches 165°F (74°C) when measured with an instant-read thermometer inserted into the thickest part of the breast.

Step 8

Remove from oven and let the chicken rest for 3-5 minutes before serving. This allows the juices to redistribute, ensuring moist, tender meat. Serve immediately with non-starchy vegetables or a large salad for optimal blood sugar control.