
Herb-Roasted Chicken with Balsamic Reduction

Succulent roasted chicken infused with aromatic herbs and finished with a tangy balsamic glaze —a protein-rich, low-glycemic meal that won't spike blood sugar.

Prep: 15 min

Cook: 80 min

Total: 95 min

Servings: 8

GL 0.6 / GI 29

Ingredients

about 4 pounds whole chicken

or 1 teaspoon dried rosemary fresh rosemary

garlic clove

olive oil

freshly ground black pepper

for cavity and garnish fresh rosemary sprigs

balsamic vinegar

brown sugar

Instructions

Step 1

Preheat your oven to 350°F (175°C). While the oven heats, prepare your workspace with a cutting board, sharp knife, and roasting pan.

Step 2

Finely mince the tablespoon of fresh rosemary leaves together with the garlic clove until you have a fragrant herb paste. This releases the essential oils that will flavor the chicken from the inside out.

Step 3

Pat the chicken completely dry with paper towels. Carefully slide your fingers under the breast and thigh skin to loosen it from the meat, creating pockets. Rub the olive oil directly onto the exposed flesh, then massage the rosemary-garlic mixture evenly over the oiled areas. Season with the black pepper.

Step 4

Tuck 2 fresh rosemary sprigs into the chicken's cavity for aromatic flavor during roasting. Tie the legs together with kitchen twine and tuck the wing tips under the body to ensure even cooking and a professional presentation.

Step 5

Place the prepared chicken breast-side up in your roasting pan. Roast for 80-90 minutes (20-25 minutes per pound), basting every 20 minutes with the accumulated pan juices. The chicken is done when an instant-read thermometer inserted into the thickest part of the thigh reads 165°F and juices run clear.

Step 6

While the chicken rests after roasting, prepare the balsamic reduction. Combine the balsamic vinegar and brown sugar in a small saucepan over medium-low heat. Warm gently, stirring until the sugar dissolves completely—about 2-3 minutes. Do not let it boil, as this preserves the complex flavor notes.

Step 7

Transfer the roasted chicken to a cutting board and let rest for 10 minutes. Carve into portions, removing and discarding the skin to reduce saturated fat content while keeping the herb-infused meat beneath.

Step 8

Arrange the carved chicken pieces on a serving platter. Drizzle the warm balsamic reduction over the top, garnish with the remaining fresh rosemary sprigs, and serve immediately alongside non-starchy vegetables for a complete low-glycemic meal.