
Low-Glycemic Chicken and Mushroom Skillet with Pancetta

A blood sugar-friendly one-pan chicken dish featuring tender thighs, earthy mushrooms, and crispy pancetta in a light herb sauce—perfect for stable energy.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 4

GL 2.1 / GI 24

Ingredients

healthy monounsaturated fat, no glycemic impact olive oil

high protein, moderate fat, zero glycemic impact boneless, skinless chicken thighs

low-carb alternative to wheat flour, GI: 0 almond flour for dusting

adds flavor and fat, no glycemic impact cubetti di pancetta

high fiber, very low carb, GI: 10 small button mushrooms

moderate GI: 15, used in small amounts large shallots, chopped

minimal carbs, choose low-sodium variety chicken stock, low-sodium

no glycemic impact, aids digestion white wine vinegar

moderate GI: 48, portion controlled frozen peas

negligible carbs, rich in antioxidants fresh parsley, finely chopped

Instructions

Step 1

Pat the chicken thighs completely dry with paper towels and season generously with salt and black pepper on both sides. Lightly dust each piece with almond flour, shaking off any excess to ensure only a thin coating remains.

Step 2

Heat 1 tablespoon of olive oil in a large frying pan or skillet over medium-high heat. Once shimmering, add the chicken thighs and brown for 3-4 minutes per side until golden and crispy. Remove to a plate and set aside.

Step 3

In the same pan, add the pancetta and cook for 2-3 minutes until it begins to crisp and release its fat. Add the mushrooms and cook for 5-6 minutes, stirring occasionally, until they release their moisture and begin to brown. Transfer the pancetta and mushrooms to the plate with the chicken.

Step 4

Add the remaining tablespoon of olive oil to the pan along with the chopped shallots. Reduce heat to medium and cook for 4-5 minutes, stirring frequently, until the shallots are softened and translucent but not browned.

Step 5

Pour in the chicken stock and white wine vinegar, scraping up any browned bits from the bottom of the pan with a wooden spoon. Bring to a gentle bubble and let simmer for 1-2 minutes to concentrate the flavors slightly.

Step 6

Return the chicken thighs, pancetta, and mushrooms to the pan along with any accumulated juices. Reduce heat to medium-low, cover partially, and simmer for 12-15 minutes until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

Step 7

Stir in the frozen peas and chopped parsley. Cook uncovered for 2-3 minutes more until the peas are heated through and bright green. Taste and adjust seasoning with additional salt and pepper if needed.

Step 8

Serve immediately in shallow bowls with the pan sauce spooned over the top. For optimal blood sugar control, pair with a large portion of steamed green vegetables or a leafy salad eaten before the main dish.