

Low-Glycemic Apricot-Glazed Chicken with Green Vegetables

Tender chicken thighs simmered in a naturally sweet apricot sauce with savory notes, paired with fiber-rich green vegetables for balanced blood sugar.

Prep: 10 min

Cook: 45 min

Total: 55 min

Servings: 4

GL 3.2 / GI 29

Ingredients

- High protein, healthy fats, zero glycemic impact

skinless chicken thighs
- Heart-healthy monounsaturated fats, no glycemic impact

olive oil
- Low GI (15), adds flavor and prebiotic fiber

small onion, thinly sliced
- Negligible glycemic impact, supports insulin sensitivity

garlic clove, crushed
- Medium GI (57), but portion-controlled and fiber-rich

canned apricots in natural juice, drained and chopped
- Zero glycemic impact, adds savory depth

salt-reduced chicken stock
- Low GI (38), rich in lycopene

no-salt-added tomato paste
- Zero glycemic impact, umami flavor enhancer

reduced-salt soy sauce
- Zero glycemic impact, adds tangy complexity

Dijon or wholegrain mustard
- Zero glycemic impact, enhances nutrient absorption

black pepper to taste

Very low GI (15), high fiber slows glucose absorption mixed green vegetables such as green beans

Instructions

Step 1

Place a large non-stick casserole pot or Dutch oven over medium heat and allow it to warm for 1-2 minutes.

Step 2

Add the olive oil to the heated pot, then add the thinly sliced onion. Sauté for 3-4 minutes, stirring occasionally, until the onion becomes translucent and softened.

Step 3

Stir in the crushed garlic and cook for 30 seconds until fragrant, being careful not to let it brown or burn.

Step 4

Add the chicken thighs to the pot and cook for 2-3 minutes per side, turning once, until they develop a light golden color on the outside. The chicken doesn't need to be fully cooked at this stage.

Step 5

Pour in the chicken stock, then add the tomato paste, soy sauce, and mustard. Stir everything together until the tomato paste is fully dissolved and the sauce is well combined.

Step 6

Gently fold in the chopped apricots (½ cup total, which provides just 2 tablespoons per serving for optimal blood sugar control), then bring the mixture to a gentle simmer. Once simmering, reduce the heat to low, cover with a lid, and cook for 25-30 minutes, stirring once or twice during cooking.

Step 7

While the chicken simmers, steam your mixed green vegetables in a separate pot or steamer basket for 5-7 minutes until tender-crisp. Keep them covered to stay warm.

Step 8

During the final 5 minutes of cooking, remove the lid from the chicken to allow the sauce to reduce and thicken slightly. Season with black pepper to taste.

Step 9

To serve for optimal blood sugar control, plate the steamed green vegetables first and eat a few bites before adding the apricot chicken on top or alongside. This vegetable-first approach helps moderate glucose response.

Step 10

Spoon the tender chicken and apricot sauce over or beside the greens, ensuring each serving gets plenty of the flavorful sauce. Serve immediately while hot.

Step 11

Store any leftovers in an airtight container in the refrigerator for up to 3 days. The flavors will continue to develop, making this an excellent meal-prep option for blood sugar-friendly lunches.