

# 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

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### 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 (1/2 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

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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.