

Herb-Crusted Grilled Chicken with Smoky Yellow Tomato Sauce

Tender grilled chicken coated in fresh herbs, topped with a vibrant roasted yellow tomato sauce that's naturally low in sugar and rich in antioxidants.

Prep: 20 min

Cook: 20 min

Total: 40 min

Servings: 4

GL 0.8 / GI 20

Ingredients

Lower acidity than red tomatoes, minimal glycemic impact yellow tomatoes, peeled, halved and seeded

Healthy monounsaturated fats slow glucose absorption extra-virgin olive oil

May help improve insulin sensitivity garlic cloves, minced

Use sparingly; contains natural sugars but adds depth balsamic vinegar

Anti-inflammatory herb, negligible carbs fresh basil, chopped

Enhances nutrient absorption freshly ground black pepper

Lean protein with zero glycemic impact, promotes satiety skinless, boneless chicken breast halves

Use mineral-rich sea salt if possible salt

Rich in antioxidants, supports blood sugar regulation fresh flat-leaf parsley, chopped

Contains compounds that may support glucose metabolism fresh thyme, chopped

Instructions

Step 1

Preheat your grill to high heat or set your oven broiler to high. Lightly oil the grill grates or line a broiler pan with aluminum foil and spray with cooking oil. Position the cooking surface 4 to 6 inches from the heat source for optimal charring.

Step 2

Place the halved yellow tomatoes cut-side down on the grill or cut-side up under the broiler. Cook until the skins begin to char and blister, approximately 5 minutes. The roasting process concentrates the tomatoes' natural sugars slightly, but the overall glycemic impact remains minimal due to the high water and fiber content. Transfer the tomatoes to a heat-safe bowl, cover tightly with plastic wrap, and allow them to steam for 10 minutes until the skins loosen and peel easily.

Step 3

While the tomatoes steam, heat the olive oil in a small skillet over medium heat. Add the minced garlic and sauté gently until fragrant and softened, about 1 minute, being careful not to brown. Remove from heat and set aside to cool slightly.

Step 4

Remove the skins from the steamed tomatoes and transfer the flesh to a blender or food processor. Add the sautéed garlic with its oil, balsamic vinegar, 1 tablespoon of the chopped basil, and 1/8 teaspoon black pepper. Pulse until the sauce reaches your desired consistency—smooth or slightly chunky. Taste and adjust seasoning if needed. The finished sauce will have approximately 0.75g of sugar per serving from the balsamic vinegar, contributing minimally to blood sugar response.

Step 5

Pat the chicken breasts dry with paper towels and season both sides with the salt and remaining 1/8 teaspoon black pepper. In a shallow dish, combine the chopped parsley, thyme, and remaining 2 tablespoons of basil, mixing well to create an herb coating.

Step 6

Press each chicken breast firmly into the herb mixture, coating all surfaces evenly and generously. The herbs will create a flavorful crust that helps seal in moisture during cooking while adding zero carbohydrates or glycemic load.

Step 7

Place the herb-crusted chicken breasts on the preheated grill or under the broiler. Cook for 4 minutes on the first side until golden and marked, then flip carefully and cook for another 4 minutes until the internal temperature reaches 165°F and the juices run clear. Remove from heat and let rest for 3 minutes to allow juices to redistribute.

Step 8

Transfer each chicken breast to a warmed dinner plate. Spoon the warm yellow tomato sauce generously over the top of each portion, using approximately 1/4 cup sauce per serving. Serve immediately with a side of leafy greens or roasted non-starchy vegetables like broccoli, zucchini, or cauliflower for optimal blood sugar balance and sustained energy.