
Low-Glycemic Wild Rice & Roasted Root Vegetable Bowl with Herb-Crusted Chicken

A nutrient-dense one-bowl meal featuring wild rice, roasted vegetables, and lean chicken—designed to keep blood sugar stable while delivering satisfying flavor.

Prep: 20 min

Cook: 55 min

Total: 75 min

Servings: 4

GL 12.5 / GI 32

Ingredients

healthy monounsaturated fat to slow glucose absorption canola oil, divided

moderate GI when cooked with fat and protein carrots, sliced

low GI, adds flavor without spiking blood sugar yellow onion, diced

negligible carbs, adds umami and satiety fresh mushrooms, sliced

antioxidant-rich herb fresh parsley, minced

GI 45-57, excellent low-glycemic grain choice uncooked wild rice

omega-3 fats slow glucose absorption walnuts, chopped

may improve insulin sensitivity fresh ground black pepper

provides flavor without added sodium no-salt-added chicken stock

lean protein stabilizes blood sugar boneless, skinless chicken breasts

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moderate GI, rich in nitrates for circulation red beets, diced

moderate GI, high in fiber and vitamin A butternut squash, peeled and diced

negligible carbs, mineral-rich beet greens, chopped

may improve insulin sensitivity balsamic vinegar

use unsweetened to minimize sugar impact dried cranberries, unsweetened

Instructions

Step 1

Place a large saucepan over medium heat and add 1 tablespoon of the canola oil. Once shimmering, add the sliced carrots, diced onion, mushrooms, and minced parsley. Sauté the vegetables for 8-10 minutes, stirring occasionally, until the onions become translucent and begin developing golden-brown edges.

Step 2

Add the wild rice, chopped walnuts, black pepper, 0.5 teaspoon sea salt, and chicken stock to the sautéed vegetables. Stir to combine, then increase heat to bring the mixture to a rolling boil. Once boiling, reduce heat to low, cover with a tight-fitting lid, and simmer for 40-45 minutes until the wild rice is tender and has absorbed most of the liquid. Remove from heat and let stand covered for 5 minutes.

Step 3

While the rice cooks, prepare the herb crust by combining the dried thyme, dried rosemary, and remaining 0.25 teaspoon sea salt in a small bowl. Pat the chicken breasts dry with paper towels and rub them all over with the herb mixture. Heat 1 tablespoon of the remaining canola oil in a large sauté pan over medium-high heat. Place the seasoned chicken breasts in the hot pan and sear for 5-6 minutes per side until golden brown and the internal temperature reaches 165°F. Transfer the cooked chicken to a cutting board, tent with foil, and let rest for 5 minutes before slicing.

Step 4

Using the same sauté pan with the flavorful chicken drippings, add the remaining 1 tablespoon canola oil along with the diced beets and butternut squash. Cook over medium heat for 15-20 minutes, stirring every 3-4 minutes, until the squash develops caramelized edges and both vegetables are fork-tender. The natural sugars will create a beautiful glaze on the pan bottom.

Step 5

Add the chopped beet greens, balsamic vinegar, and unsweetened dried cranberries to the roasted vegetables. Stir for 1-2 minutes until the greens wilt and become tender. Add the cooked wild rice mixture to the pan and toss everything together gently, scraping up the caramelized bits from the bottom to incorporate those flavors throughout the dish.

Step 6

Divide the vegetable and rice mixture evenly among four bowls, approximately 1.5 cups per serving. Slice the rested chicken breasts on a diagonal into half-inch strips and arrange them over each bowl, distributing about 6 ounces of chicken per serving. For optimal blood sugar control, eat the chicken and vegetables first, then finish with the wild rice. Serve immediately while warm.