

Low-Glycemic Grilled Chicken Pasta with White Beans and Mushrooms

A blood sugar-friendly Italian pasta featuring lean grilled chicken, fiber-rich white beans, and earthy mushrooms—perfect for sustained energy without the spike.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 6

GL 21.1 / GI 36

Ingredients

Two 4-ounce breasts boneless, skinless chicken breasts

extra virgin olive oil

white onion, chopped

Any variety works well mushrooms, sliced

Cannellini or navy beans, canned or cooked white beans, no salt added

About 6 cloves garlic, chopped

fresh basil, chopped

Choose whole grain for lower GI whole grain rotelle pasta, uncooked

For garnish Parmesan cheese, grated

To taste ground black pepper

For grill rack cooking spray

Instructions

Step 1

Preheat your grill to medium-high heat or set your oven broiler to high. Lightly mist the grill grates or broiler pan with cooking spray to prevent sticking. Position the cooking surface 4 to 6 inches from the heat source for even cooking.

Step 2

Place the chicken breasts on the prepared grill or broiler pan. Cook for 5 minutes on the first side until golden grill marks appear, then flip and cook for another 5 minutes until the internal temperature reaches 165°F and juices run clear. Transfer to a cutting board and let rest for 5 minutes to retain moisture, then slice into thin strips.

Step 3

While the chicken rests, bring a large pot of water to a rolling boil. Add the whole grain rotelle pasta and cook according to package directions until al dente, typically 10 to 12 minutes. The whole grain pasta will take slightly longer than refined pasta but offers superior blood sugar control.

Step 4

Heat the olive oil in a large nonstick skillet over medium heat. Add the chopped onion and sliced mushrooms, sautéing for about 5 minutes until the onions become translucent and the mushrooms release their moisture and begin to brown.

Step 5

Stir the white beans, chopped garlic, and fresh basil into the mushroom mixture. Add the sliced grilled chicken and toss everything together. Cook for 2 to 3 minutes until the garlic becomes fragrant and the beans are heated through. Season with black pepper to taste.

Step 6

Drain the cooked pasta thoroughly in a colander, reserving about 1/4 cup of pasta water in case you need to loosen the sauce. Return the drained pasta to the pot and add the chicken and vegetable mixture. Toss everything together until well combined, adding a splash of reserved pasta water if needed.

Step 7

Divide the pasta among six serving plates or shallow bowls. Top each portion with 1 tablespoon of grated Parmesan cheese and an extra grind of black pepper. Serve immediately while hot. For best glycemic control, encourage diners to eat the protein and vegetables first, finishing with the pasta.