
Low-Glycemic Pizza-Topped Chicken Breast

Succulent butterflied chicken breast crowned with a rich tomato-herb sauce and melted cheese —all the pizza flavors you love without the blood sugar spike.

Prep: 15 min

Cook: 35 min

Total: 50 min

Servings: 1

GL 3.8 / GI 20

Ingredients

½ small red onion, finely chopped

½ red pepper, deseeded and chopped

1 small garlic clove, crushed

Low-calorie cooking spray

2 on-the-vine tomatoes, chopped

1 tbsp canned chopped tomatoes

1 tsp tomato purée

1 tsp dried oregano

1 skinless and boneless chicken breast

40g reduced-fat Cheddar, grated

1 cherry tomato, halved

1 tsp finely chopped fresh basil

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Instructions

Step 1

Heat a small non-stick saucepan over medium heat and lightly coat with cooking spray. Add the finely chopped red onion, red pepper, and crushed garlic. Sauté for 4-5 minutes, stirring occasionally, until the vegetables soften and become fragrant.

Step 2

Stir in the chopped fresh tomatoes, canned tomatoes, tomato purée, and dried oregano. Reduce heat to low and let the sauce simmer gently for 5 minutes, allowing the flavors to meld. Remove from heat and set aside.

Step 3

Preheat your oven to 220°C (200°C fan/gas mark 7). Place the chicken breast on a clean cutting board and carefully slice it horizontally through the middle, stopping just before cutting all the way through. Open the chicken like a book to create a butterfly shape, which ensures even cooking.

Step 4

Spray a non-stick frying pan with cooking spray and place over medium heat. Once hot, add the butterflied chicken breast and cook for 3-4 minutes per side until golden brown. This searing step locks in moisture and adds flavor.

Step 5

Transfer the browned chicken to a non-stick baking tray and place in the preheated oven. Bake for 15-20 minutes until the chicken is cooked through with no pink remaining. To test doneness, insert a skewer into the thickest part—the juices should run clear.

Step 6

Remove the chicken from the oven and generously spread the prepared tomato-vegetable sauce over the top. Sprinkle the grated reduced-fat Cheddar evenly across the surface, then place the halved cherry tomato on top as a garnish.

Step 7

Return the topped chicken to the oven for an additional 5 minutes, just until the cheese melts and begins to bubble. Watch carefully to prevent over-browning.

Step 8

Remove from the oven, sprinkle with freshly chopped basil, and serve immediately. For optimal blood sugar control, pair with a large green salad eaten first, followed by the chicken, and if desired, a small portion (100g) of oven-baked potato wedges with skin on eaten last.