

Herb-Roasted Chicken with Low-Glycemic Root Vegetables

Succulent roasted chicken paired with fiber-rich vegetables creates a blood sugar-friendly meal that's both satisfying and nutritious for diabetes management.

Prep: 15 min

Cook: 90 min

Total: 105 min

Servings: 4

GL 10.9 / GI 43

Ingredients

approximately 1.2kg, provides lean protein to stabilize blood sugar whole chicken

heart-healthy monounsaturated fat, slows carbohydrate absorption olive oil for chicken

aromatic herb with antioxidant properties dried thyme

to taste for seasoning sea salt and black pepper

halved, adds flavor and vitamin C without affecting blood sugar lemon

moderate GI (63), rich in fiber and beta-carotene sweet potato, peeled and chopped

low GI (39), excellent source of fiber and vitamin A carrots, peeled and chopped

low GI (10), adds flavor and prebiotic fiber large onion, cut into wedges

low GI (75 for some varieties), high in fiber when roasted pumpkin, chopped

enhances nutrient absorption and provides healthy fats olive oil for vegetables

low GI (48), contains resistant starch and plant protein frozen peas

Instructions

Step 1

Position your oven rack in the center and preheat to 180°C (350°F) fan-forced. Prepare a large non-stick roasting pan or line a regular roasting pan with parchment paper.

Step 2

Remove the chicken from packaging and pat completely dry using paper towels, including the cavity. Place the chicken breast-side up in your prepared roasting pan.

Step 3

Drizzle one tablespoon of olive oil over the chicken and massage it into the skin. Season generously with dried thyme, sea salt, and freshly ground black pepper. Squeeze the lemon halves slightly to release oils, then tuck both halves into the chicken cavity for aromatic flavor.

Step 4

In a large mixing bowl, combine the chopped sweet potato, carrots, onion wedges, and pumpkin pieces. Drizzle with the remaining tablespoon of olive oil and toss until evenly coated. Season lightly with salt and pepper. Arrange the vegetables around the chicken in a single layer for even roasting.

Step 5

Cover the entire roasting pan loosely with aluminum foil, creating a tent to trap moisture. Roast for 60 minutes, removing the pan halfway through to baste the chicken with its own juices using a spoon or baster.

Step 6

After 60 minutes, carefully remove and discard the foil. Return the pan to the oven and continue roasting uncovered for an additional 30 minutes, until the chicken skin is golden brown and crispy, and the vegetables are tender and caramelized. The chicken is done when a meat thermometer inserted into the thickest part of the thigh reads 75°C (165°F), or when juices run clear.

Step 7

Remove from the oven and tent the chicken loosely with foil. Allow it to rest for 10 minutes before carving—this redistributes the juices for more tender, flavorful meat.

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Step 8

While the chicken rests, steam or boil the frozen peas according to package directions, approximately 3-4 minutes until tender but still bright green. Drain well.

Step 9

Carve the chicken into portions, removing the skin if desired for lower saturated fat content. Serve each portion with a generous helping of roasted vegetables (ensuring each serving contains approximately 50g sweet potato, 75g carrots, 75g pumpkin, and onion to taste) and steamed peas. For optimal blood sugar control, eat the vegetables first or simultaneously with the protein.