Budget-Friendly Cooking for Diabetes Management

Black Eyed Peas Salad (15g carb)  Peanut Butter Fluff (15g carb)

Cowboy Caviar (30g carb)  Apple Cabbage Slaw (15g carb)

Grow Your Own Herbs  Ways to Use Greek Yogurt
Chicken Crust Pizza

- 2 cans chicken breast (or 1/2-pound cooked chicken breast)
- 2 large eggs, beaten
- 1/2 c parmesan cheese, grated/powder
- 1/2 teaspoon each garlic powder, onion powder, Italian seasoning

1. Preheat oven to 425 degrees, line a baking sheet with parchment paper and spray with cooking spray
2. In a large bowl, shred chicken then add remain ingredients
3. Mix until a stiff dough forms. Flatten dough into a disc, about 1/4 inch thick on the lined baking sheet
4. Bake 15-20 minutes, until golden and edges begin to crisp.
5. Remove from oven, add desired toppings, and bake until another 10 minutes

NUTRITION FOR HALF THE PIZZA WITHOUT TOPPINGS:

- 350 Calories
- 45g protein
- 5g carbohydrate
- 15g fat
- 500mg Sodium

More Resources:

Healthy Teaching Kitchen Cookbooks and YouTube Channel

Food Insecurity Resources (Running Out of Food)

Mindful Gardening Club Whole Health VVC, Varies by Location

Healthy Teaching Kitchen Garden, Varies by Location

Cooking with Ease Cookbook

Senior’s Farmer Market Nutrition Program

Meal Delivery for Seniors (Meals on Wheels)

Find Food Banks or Apply for SNAP in Your Area (Feeding America)