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# Budget-Friendly Cooking for Diabetes Management

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[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](#)

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## 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 \(Feeding America\)](#)