
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 \(Feeding America\)](#)