

Best Diabetic-Friendly Recipes You Can Make At Home!

Zucchini Egg Bake

Serves 4 | Prep. time 10 minutes | Cooking time 50–55 minutes

Ingredients

- ¼ cup finely diced onion
- 8 eggs
- 2 teaspoons olive oil
- 2 small zucchini, finely diced (about 2 cups)
- ½ teaspoon seasoned salt
- ½ cup parmesan cheese, grated (divided)
- 1 cup milk
- Chopped fresh parsley, chives, or thyme to garnish (optional)

Directions

1. Heat the olive oil over medium heat in a medium saucepan or skillet.
2. Add the onion and zucchini and stir-cook for 5–6 minutes until tender.
3. Whisk the eggs in a mixing bowl. Add the milk and seasoned salt; mix well.
4. Mix in the zucchini mixture and ¼ cup of the parmesan cheese.
5. Preheat the oven to 350°F (175°C). Grease an 8-inch square baking dish with some cooking spray or melted butter.
6. Pour in the egg mixture and sprinkle the remaining parmesan cheese on top.
7. Bake for about 40–45 minutes until the eggs are cooked well and the omelet is set.
8. Slice and serve warm with fresh herbs on top.

Nutrition (per serving)

Calories 249, fat 15 g, total carbs 8.5 g, sugar 5 g,
Protein 19 g, sodium 632 mg

Mediterranean Chicken Breasts

Serves 4 | Prep. time 5 minutes | Cooking time 35 minutes

Ingredients

- 4 (4-ounce) boneless, skinless chicken breasts
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 (15-ounce) can artichoke hearts, drained and chopped
- ⅓ cup low-sodium, fat-free chicken broth
- 3 tablespoons parmesan cheese, grated

Directions

1. Preheat the oven to 350°F (175°C). Grease a baking pan or dish with some cooking spray.
2. Place the chicken breasts in a plastic bag and pound them to ½ inch thick.
3. Pour the lemon juice over the chicken breasts and season with garlic powder and pepper.
4. Place the chicken breasts in the baking pan and bake for about 25 minutes.
5. Heat the olive oil over medium heat in a medium saucepan or skillet.
6. Add the garlic and stir cook for 1 minute until softened.
7. Add the artichoke hearts; stir-cook for about 3 minutes.
8. Add the chicken broth and simmer for 5 minutes. Mix in the cheese until it melts.
9. Pour the artichoke mixture over chicken breasts and bake for 10 more minutes until the chicken is cooked to perfection. Serve warm.

Nutrition (per serving)

Calories 215, fat 7 g, total carbs 9 g, sugar 1 g,
Protein 28 g, sodium 340 mg

Turkey Spinach Meatballs

Serves 5 | Prep. time 10–15 minutes | Cooking time 25 minutes

Ingredients

- 3½ ounces fresh or thawed frozen spinach, chopped
- 1¼ pounds ground turkey
- 2 celery sticks, finely chopped
- 3 cloves garlic, finely chopped
- ¼ cup oats
- 2 egg whites
- ½ cup parsley
- 1 teaspoon thyme
- ½ teaspoon ground turmeric
- ½ teaspoon cumin
- 1 teaspoon mustard powder
- ½ teaspoon chipotle pepper
- ½ green bell pepper, chopped
- ½ red onion, finely chopped
- 1 teaspoon salt
- Pinch of pepper

Directions

1. Preheat the oven to 350°F (175°C). Grease a baking sheet lined with parchment paper with some cooking spray.
2. Add the onion, garlic, spinach, green peppers and celery to a mixing bowl. Mix well.
3. To another mixing bowl, add the egg whites, turkey, oats and spices; mix well and be sure not to leave any lumps.
4. Combine the mixtures and mix well. Prepare golf ball size meatballs from the mixture.
5. Place over the baking sheet and bake for about 25 minutes until evenly brown.
6. Serve warm.

Nutrition (per serving)

Calories 183, fat 2.5 g, total carbs 12 g, sugar 3 g,
Protein 30.5 g, sodium 582 mg

Baked Garlic Lemon Salmon

Serves 4 | Prep. time 5 minutes | Cooking time 15 minutes

Ingredients

- 3 tablespoons lemon juice
- 4 medium-sized salmon fillets
- ¼ cup unsalted butter, melted
- 2 cloves garlic, minced
- A handful of parsley, finely chopped
- Salt and pepper to taste

Directions

- Preheat the oven to 400°F (200°C). Line a baking dish or tray with tin foil; grease with some cooking spray.
- Place the salmon fillets over the baking dish.
- Add the butter, garlic, lemon juice, salt and pepper to a mixing bowl. Mix well.
- Brush the salmon fillets with the butter sauce, reserving some sauce.
- Bake for around 15 minutes, or until the salmon is easy to flake. Bake for 2–3 minutes more if needed.
- Brush with the reserved sauce and sprinkle some lemon juice on top.
- Serve with chopped parsley on top.

Nutrition (per serving)

Calories 350, fat 25 g, total carbs 2 g, sugar 0.5 g,
Protein 28.5 g, sodium 68 mg

Bean Dip with Veggie Sticks

Serves/yield 1 ½ cups | Prep. time 10 minutes | Cooking time 0 minutes

Ingredients

- 2 tablespoons fresh parsley, minced
- 1 tablespoon lemon juice
- 1 (15-ounce) can chickpeas, rinsed and drained
- ½ cup olive oil
- 1–2 cloves garlic, peeled
- 1 green onion, cut into 3 pieces
- ¼ teaspoon salt
- Assorted fresh vegetables (celery sticks, carrots sticks, cucumber sticks, blanched green beans, radish wedges, etc.)

Directions

1. Add all ingredients except assorted vegetables to a blender or food processor and blend to make a smooth mixture.
2. Transfer the mixture to a bowl and refrigerate for at least half an hour and at most two days.
3. Serve the chilled dip with assorted vegetables of your choice.

Nutrition (per 2 tablespoons)

Calories 114, fat 10 g, total carbs 6 g, sugar 1 g,
Protein 1g, sodium 96 mg

***These recipes and more can be found in Madison Miller's *Diabetes Cookbook: Quick and Easy Diabetes Type 2 Recipes - 14-Day Quick Start Meal Plan*. To get your copy, click on the cover or click [here](#).

