

April 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



Finding ways to make our favorites fit!

Often times people with diabetes feel they have to give up their favorite foods in order to keep their blood glucose under control. Family events or special nights out no longer have the same appeal when you have to be super conscious about what you are eating.

This month, Andra Cunningham, Food Service Manager at Memorial Health System, is back to demonstrate how to make one of our favorites fit into our diabetic eating plan.

Please join us on April 2, 2024 for Diabetes Support Group!

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)



Foolproof Cauliflower Pizza Crust

Source: ifoodreal.com

Ingredients:

- 2.5 pounds medium-large (6" – 7" wide) head of cauliflower 2 x 12-16 ounces packages cauliflower rice or frozen cauliflower
- 1 large egg
- 1/2 cup Parmesan cheese or Mozzarella cheese grated or shredded
- 1 teaspoon Italian seasoning or mix of dried oregano and basil
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- Cooking spray

Directions:

1. Preheat oven to 375 degrees F and line baking sheet with unbleached parchment paper.
2. Rinse cauliflower, remove the outer leaves, separate into florets and chop into smaller pieces. Process in a food processor in batches, until "rice" texture forms. Do the same with frozen (thawed) cauliflower and skip this step if using store-bought cauliflower rice.
3. Transfer riced cauliflower on a prepared sheet pan or any oven safe baking dish and bake for 15 minutes or microwave in a microwave-safe bowl for 8 minutes. Transfer cooked cauliflower to a large bowl lined with double layered cheesecloth or linen towel, and let cool for 10-15 minutes or until safe to the touch.
4. Then hold onto 4 corners, twist cauliflower into a ball and squeeze the liquid out as hard as you can. Be patient and do this quite a few times until barely any liquid comes out. It takes about 3-4 minutes, you should get about 1 1/2 cups water out and your hands will be sore.
5. Increase oven temperature to 450 degrees F. In a large bowl, add dry cauliflower, egg, cheese, Italian seasoning, salt and pepper. Mix very well with spatula until combined.
6. Line same baking pan or pizza stone with new parchment paper (just make sure to scrape off any bits of cauliflower) and spray with cooking spray. Transfer cauliflower pizza dough in the middle and flatten with your hands until thin pizza crust of about 11 inches in diameter forms. Be sure to avoid thin edges, so push them in with a palm of your hand.
7. Bake crust for 20 minutes. If you would like more crispy crust, carefully flip it with spatula and bake for a few more minutes.
8. Top cauliflower pizza base with your favorite toppings and bake again until cheese on top turns golden brown. Let cool 1-2 minutes, cut into 8 slices with a pizza cutter and enjoy!

Makes 8 slices; serving size = 1 slice

Nutrition Facts:

Calories 48, Total Fat 2 g, Protein 4 g, Sodium 110 mg, Total Carbohydrates 4 g, Sugars 1 g, Fiber 2 g



For Information on Diabetes Support Group, please contact:
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