

Affordable Diabetic-Friendly Recipes for a Healthier and Wealthier Life

Diabetes affects millions of people globally, and though it cannot be cured, it can be managed through a healthy lifestyle. This encompasses [balanced meals](#) and regular exercise. However, the cost of diabetic-friendly food can make it challenging to [stick to your budget](#). Fortunately, plenty of meal options can help you [conquer diabetes](#). Plus, they need not compromise on taste or break the bank!

A plant-based diet is a wallet-friendly choice that can also help improve blood sugar control and reduce the risk of diabetes-related complications. In addition, vegetables, legumes, and whole grains are affordable and nutrient-packed, making them a fantastic choice for anyone seeking healthier meals on a budget. Check out these recipes that are not only diabetic-friendly but are also affordable and tasty.

Lentil Soup

Ingredients:

1 cup brown lentils, rinsed and sorted
6 cups low-sodium vegetable broth
1 medium onion, diced
2 medium carrots, peeled and diced
2 celery stalks, diced
2 garlic cloves, minced
1 tablespoon olive oil
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 teaspoon ground cumin
Salt and pepper, to taste
Chopped fresh parsley for garnish

Instructions:

1. Heat the olive oil (medium-high) in a large stew pot. Throw in the onion, carrots, and celery, and cook until the vegetables have softened for about 5 minutes. Add the garlic, oregano, thyme, and cumin, and cook for another minute, stirring occasionally.
2. Add the lentils and vegetable broth to the pot and bring to a boil. Once boiling, bring the heat to low, and let it simmer for 30-40 minutes or until the lentils are tender.

3. Remove the soup from the heat and let it cool for a few minutes. Once it's cooled a bit, blend half the soup until it's smooth. Or you can opt to use an immersion blender or put half of the soup into a blender. Blend until smooth.
4. Return the blended soup to the pot and mix it with the remaining soup, and season with salt and pepper to taste.
5. Serve the lentil soup hot and garnish with chopped fresh parsley.

Veggie Stir-Fry

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 cups sliced mushrooms
- 2 cups broccoli florets
- 2 cups yellow squash, sliced
- 2 cups snow peas
- 1 red bell pepper, sliced
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes
- Salt and black pepper to taste

Instructions:

1. Heat the olive oil in a wok or large skillet over medium-high heat.
2. Add the onion and garlic and stir-fry for 1 minute until fragrant.
3. Next, add the mushrooms and cook for 1-2 minutes or until brown and tender.
4. Then add the broccoli and stir-fry for 2-3 minutes, until it is vibrant green but still crisp.
5. Throw in the yellow squash, snow peas, and red bell pepper. Stir-fry for another 3-4 minutes or until all the vegetables are tender-crisp.
6. In a small bowl, whisk the red pepper flakes, soy sauce, sesame oil, and ginger.
7. Pour the sauce into the wok or skillet and toss to coat the vegetables.

8. Cook for another minute or until the sauce is heated through.
9. Season with salt and black pepper to taste.
10. Serve the vegetable stir-fry hot and enjoy!

Quinoa Salad

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups low-sodium vegetable broth
- 1 can (15 oz) chickpeas that have been rinsed and drained
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 English cucumber, chopped
- 1/2 red onion, chopped
- 1/2 cup chopped fresh parsley
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1 teaspoon ground cumin
- Salt and black pepper, to taste

Instructions:

1. In a medium pot, bring the quinoa and vegetable broth to a boil. Once boiling, bring to low heat and cover. Cook this for 15-20 minutes or until the quinoa is tender and absorbs the broth.
2. Combine chickpeas, red and yellow bell peppers, cucumber, red onion, and parsley in a large bowl.
3. In a small bowl, whisk the black pepper, olive oil, lemon juice, cumin, and salt.
4. Mix the cooked quinoa with the vegetables in a small bowl.
5. Pour the salad dressing over the quinoa and vegetable mixture and toss to coat.
6. Serve the quinoa salad cold or at room temperature, garnished with additional fresh parsley.

Slow Cooker Chicken and Veggies

Ingredients:

4 boneless, skinless chicken breasts
2 cups chopped broccoli florets
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1 onion, chopped
2 cloves garlic, minced
1 tablespoon olive oil
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/2 teaspoon dried oregano
Salt and black pepper, to taste

Instructions:

1. Rub the chicken breasts with olive oil and season with thyme, rosemary, oregano, salt, and black pepper.
2. Place the chicken breasts in the slow cooker.
3. Add the chopped broccoli, red bell pepper, green bell pepper, onion, and garlic to the slow cooker.
4. Put the lid on the cooker and allow to cook on low heat for 6-8 hours. Or you can have it on high for 3-4 hours. Another option is to wait until the vegetables become succulent and the chicken is thoroughly cooked.
5. Serve the chicken and vegetables hot, garnished with additional fresh herbs if desired.

The Takeaway

Managing diabetes and living a healthy life doesn't have to require deep pockets. By using affordable and diabetic-friendly recipes, you can take control of your health, improve your overall well-being, and save money while doing so. With a dash of creativity and a little effort, you can enjoy delicious meals that are both nutritious and budget friendly. So, whip up the flavorful culinary delights we shared and begin your journey to a healthier and wealthier life.

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