

DIABETIC FRIENDLY TOMATO PIE

- **Less carbs**- we are using ½ a prepared pie crust. No difference in flavor!
- The **crust is pre-baked** to help it hold up to the substantial filling.
- A serving is ¼th pie!

THE MAIN INGREDIENTS:

- **Pie crust**- I used a prepared refrigerated pie crust and cut it in half before unrolling it
- **Tomatoes**- use garden fresh tomatoes
- **Basil**- I'm sure fresh is the best, but I used dried basil, dried oregano
- **Green onion**
- **Mayo**-use your favorite brand
- **Cheese**- cheddar or your favorite combination of cheeses (I used cheddar and Mozzarella)

HOW TO MAKE LOW CARB TOMATO PIE:

- Step 1: Cut a pie crust in half, then roll it out thin to fit into an 8" pie pan.
- Step 2: Prick the crust, then bake until lightly browned.
- Step 3: was to add salt and let tomatoes drain. (I do not use salt, but I sliced tomatoes and put in microwave about 30 seconds to dry them, or you can slice and leave in refrigerator on paper towels over night to dry out a little)
- Step 4: Prepare mayo and cheese mixture, set aside.
- Step 5: Layer tomato slices into pre-baked crust.
- Step 6: Top with onions and basil.
- Step 7: Spread cheese mixture on top.
- Step 8: Bake, then serve.

Nutrition Facts

Tomato Pie made Diabetes Friendly

Amount per Serving

Calories 317

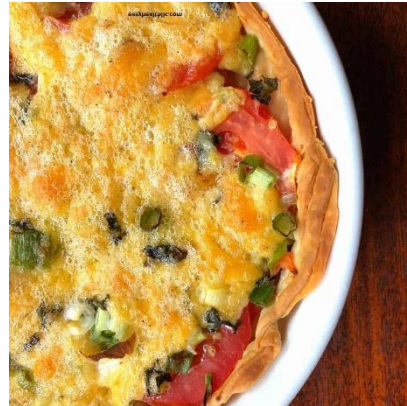
Calories from Fat 225

Carbohydrates 13g

Fiber 1g

Sugar 2g

Protein 9g



I made this last weekend and it was wonderful! Can be a side dish or a snack, Renae