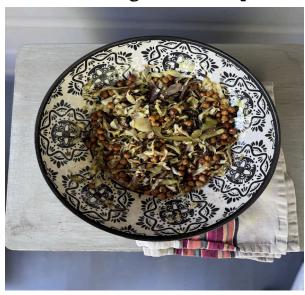
IBS Friendly Recipes

Roasted cabbage and chickpea salad



to make low FODMAP have ½ cup cooked cabbage per meal

Ingredients-

- one can of chickpeas
- 1/2 a green cabbage thinly sliced
- 1/4 red onion thinly sliced with 2 cloves of chopped garlic
- 1/2 teaspoon chipotle pepper
- 1 teaspoon Ras El Hanout
- salt to taste
- a few dashes of olive oil
- 1/4 of a green pepper thinly sliced

Method

- 1. Heat the oven to 425 and add parchment paper to two baking sheets
- 2. Chop the onion, pepper, garlic and cabbage and add to baking sheet with Ras El Hanout, salt, and olive oil
- 3. Add chickpeas to the other sheet with chipotle pepper, salt and olive oil

4. Bake both at 425 for 20-30 until slightly charred and crispy combine with a sprinkle of sesame seeds
Enjoy

Roasted Vegetables



- to make low IBS use canned Beetroot

Ingredients:

- 2 white potato cubed
- 2 sweet potato cubed
- 2 beetroot cubed
- 1/4 of a medium eggplant cubed
- a dash of Italian herbs
- salt and pepper to taste
- about a tablespoon of olive oil
- about 1/4 of a teaspoon of paprika and chipotle pepper

Method:

- 1. cube the vegetables, with the beetroot using a glove is wise then boil them for about 15 min until soft
- 2. then add the veggies to a baking sheet with the oil and spices and bake at 425 for 15-20 until crispy.

Dragon Fruit Smoothie



Blend $\frac{1}{3}$ cup of Greek yogurt with a greenish banana, lactose free milk and a cup of frozen dragon fruit.

Lentil Salad

This is a lovely and super simple lentil salad, it is low FODMAP if you are following this for IBS. Canned lentils make the recipe even easier. If onions are a trigger use green onion tops.



Ingredients

- about 10 cherry tomatoes
- 1/4 of a cucumber chopped
- a handful of fresh basil chopped (I wanted a more summer flavor than cilantro)
- a dash of olive oil
- a little lemon juice
- 1/2 a red onion thinly sliced
- a handful of crumbled feta
- salt and pepper to taste
- a can of lentils

Method

- 1. Marinate onion in lemon juice for 20 min
- 2. Chop veggies and combine ingredients

Butternut squash, leek and quinoa salad



Ingredients:

- one butternut squash, cubed to roast have 1/3 cup per serving
- one pack of boil in the bag quinoa love these as easy and fast to cook
- A few cauliflower florets but only a few based on tolerance
- One large leek chopped for low fodmap just use the green part
- a handful of cilantro chopped

- 1/2 teaspoon of cumin and coriander powder
- salt and pepper to taste
- 1/4 teaspoon smoked chipotle pepper
- a dash of olive oil

Method;

- 1. heat oven to 400 degrees, roast butternut squash, leek and cauliflower for 20 -30 min until soft with olive oil, salt and pepper and smoked chipotle pepper
- 2. meanwhile cook the quinoa
- 3. then in a large mixing bowl, mix the squash, leek, cumin and coriander powder, cilantro and a little Zataar.

Enjoy

EGGPLANT AND CHARD SHAKSHUKA



Ingredients:

- 2 garlic cloves, crushed can use an olive oil infused with garlic here for lower fodmap
- ½ tsp salt
- 1 tbsp tomato purée
- 4 tomatoes, chopped
- 1/4 teaspoon cumin and coriander powder
- 1/4 tsp smoked paprika
- 1/2 a bunch of Swiss chard chopped
- 8 small eggs
- 1/4 tsp red chili flakes or to desired level of heat
- 1/2 an eggplant diced.
- 1 handful of fresh parsley finely chopped
- 1/2 a red onion chopped, if onions are an issue can be omitted
- a dash of chipotle pepper

Method

- 1. Sauté the onion, with the eggplant, and garlic in olive oil for 7-10 minutes, slowly adding the Swiss chard allowing it to reduce down.
- 2. Then add the tomatoes and allow them to reduce to a sauce with the cumin, coriander, paprika and chipotle pepper, salt to taste and a little red chili.
- 3. Add water and tomato paste to get the right consistency
- 4. Then drop the eggs in one by one, making a little cavity for each and cover with a lid allowing them to poach for about 10 minutes, can cook for less if a runny yolk is desired, this is delicious with crusty bread to dip into it.
- 5. Sprinkle with fresh parsley to serve, can eat with bread or rice.

Masala Spiced Salmon



Ingredients:

- a few salmon fillets
- about 1-2 tablespoons of masala powder mixed with oil
- salt and pepper to taste
- 2 small tomatoes sliced
- a little fresh basil

Method:

- 1. coat the salmon with the masala powder and oil with salt and pepper and let it sit for an hour.
- 2. add a little olive oil to a hot pan and sear the salmon on each side for about 5 min, then remove excess oil, add tomatoes and a lid and poach for another 5-10 minutes until the salmon is cooked through. I keep an eye on it and use a fork in the center of the

- fillet and know its ready when its flaky and I try it, always be careful not to over cook fish as it can get a little tough.
- 3. serve with rice and dal, or salad, cous cous, the possibilities are endless.

Lemon Rice



Ingredients:

- 1 lemon
- dash of sesame oil
- 1/2 teaspoon mustard seeds
- 1 teaspoon urad dal
- 10 curry leaves
- 3 -4 tablespoon of cashew nuts
- pinch of aestofida
- 1/4 tablespoon of turmeric
- 2 cups cooked rice

• 2 green chilies

Method:

- 1. cook the rice and keep to one side
- 2. squeeze and get the juice of one lemon
- 3. heat oil and pop mustard seeds, urad dal, curry leaves, turmeric and aestofida and cashew nuts
- 4. add the rice and mix in the lemon juice and salt to taste