

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 $\frac{1}{3}$ 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