

Low FODMAP Recipes

Low FODMAP Chicken and Broccoli Stir-fry

Ingredients

- 3 tablespoons tamari (gluten-free soy sauce) or soy sauce
- 2 tablespoons rice vinegar
- 1 & 1/2 tablespoons brown sugar
- 1 tablespoon toasted sesame oil
- 1 tablespoon fresh ginger, minced
- 1 pound (16 ounces) boneless skinless chicken thighs, chopped into cubes
 - Can also substitute chicken breasts
- 1 tablespoon olive oil
 - If you want a garlic flavor, use garlic-infused oil instead
- 2 cups broccoli heads
 - Try to avoid using the stalks, they are higher in FODMAPs
- 2 medium carrots, chopped into thin sticks
- Toasted sesame seeds, for garnish



Directions

1. Combine tamari or soy sauce, rice vinegar, brown sugar, sesame oil, and ginger in a large resealable bag with the chicken.
2. Put chicken in the refrigerator for 10 minutes to marinate. While marinating, prepare vegetables.
3. When finished marinating, place a large skillet over medium-high heat and add the 1 tablespoon of olive oil.
4. When oil is warm, pour the chicken and marinade into the skillet. Allow chicken to cook for about 5 minutes, stirring and turning as needed.
5. Add broccoli and carrots to skillet and stir-fry until the ingredients are coated with sauce and the mixture is heated through.
6. Serve immediately over steamed rice, garnished with sesame seeds

Low FODMAP Minestrone

Ingredients

- 2 tablespoons onion-infused oil
- 2 tablespoons garlic-infused oil
- 2 medium carrots, chopped into small squares
- ½ cup (8 tablespoons) tomato paste
- Total of 2 cups additional chopped vegetables
 - ½ cup each of your choice:
 - potatoes, yellow squash, zucchini, eggplant, pumpkin, broccoli heads
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- salt and pepper to taste
- 16 ounces canned diced tomatoes, with their liquid (ensure no high-FODMAP additives)
- 4 cups (32 ounces) low-FODMAP vegetable broth
 - Be cautious with store bought stocks/broth. 'Natural flavors' in ingredient lists often contain onion and garlic. You can make your own broths to ensure they are low-FODMAP and lower in sodium.
- 2 cups water
- 1 cup gluten-free, low-FODMAP macaroni or other small low-FODMAP pasta noodles
- ½ cup canned lentils, drained and rinsed (optional)
 - Note: canned lentils are low in FODMAPs due to the canning juices removing some of the high-FODMAP carbohydrates. Do not substitute regular lentils
- ¾ cup baby spinach, chopped kale or chopped collard greens
- 2 teaspoons freshly squeezed lemon juice
- Optional garnish:
 - 2-3 tablespoons freshly grated Parmesan cheese (for non-vegan version)
 - Fresh chopped parsley



Directions

- Warm 3 tablespoons of the oil in a large Dutch oven or stockpot over medium heat
- Once the oil is hot, add the carrots and tomato paste
- Cook, stirring often, until the carrots have softened, about 7 to 10 minutes
- Add the 2 cups of your choice of vegetables, as well as oregano and thyme
- Cook until fragrant while stirring frequently, about 2 minutes
- Pour in the canned diced tomatoes and their juices, broth and water
- Season generously with freshly ground black pepper and salt to taste

- Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid
- Reduce heat as necessary to maintain a gentle simmer
- Cook for 15 minutes, then remove the lid and add the pasta, lentils and greens
- Continue simmering, uncovered, for 20 minutes or until the pasta is cooked al-dente and the greens are tender
 - Since gluten-free pasta tends to get mushy, make sure not to overcook the noodles
- Remove the pot from the heat, then stir in the lemon juice and remaining tablespoon of olive oil
- Taste and season with more salt and pepper
- Garnish bowls of soup with grated Parmesan, if desired (non-vegan)
- Serve with gluten-free crackers (Glutino is a good brand) or if not concerned about gluten then recent research has shown that USA-sold saltine crackers are low-FODMAP

Low FODMAP Chili

Ingredients

- 2 pounds extra lean ground beef (can also substitute chicken, turkey or veal)
- 8 tablespoons tomato paste
- 1 & 1/3 cups water
- 1 cup fresh or canned diced tomatoes (no onion or garlic added)
- 1/2 cup, 65 grams (about 1-2 ears) fresh corn kernels (can also use fresh-frozen)
 - Canned corn has higher FODMAP levels, do not substitute
- 1 tablespoon each: garlic-infused oil and onion-infused oil
 - Infusing the oil allows you to enjoy all the flavors without the FODMAPs, because FODMAPs are NOT soluble in fats. This is the best trick to add these flavors to your cooking without the IBS flares
 - You can buy infused oils or you can infuse your own- several websites describe this step by step
- 1 teaspoon salt
- 1/4 teaspoon cayenne
- 1 teaspoon oregano
- 2 tablespoons ancho chili powder (several blended spice mixes have added onion or garlic, ensure you use pure chili)
- 1 teaspoon cumin
- 3/4 teaspoon salt
 - Optional toppings: cheddar cheese, grated fresh cilantro and/or lactose-free sour cream



Directions

- Brown beef in choice of infused oil in saucepan on medium-high (about 5-7 minutes)
- Drain and place browned beef in slow cooker with all other ingredients and mix well to combine
- Cook on low for eight hours
- Top with shredded cheddar cheese (1/2 cup is one low-FODMAP serving) and lactose-free sour cream

Spinach and Cheese Omelet

INGREDIENTS

- 2 large eggs
- Kosher salt
- Freshly ground black pepper
- Pinch red pepper flakes
- 2 tbsp. butter
- 1/4 c. shredded cheddar
- 2 tbsp. freshly chopped chives

DIRECTIONS

1. In a medium bowl, beat eggs until no whites remain, then season with salt, pepper, and a pinch red pepper flakes.
2. In a medium non-stick skillet over medium heat, melt butter. Pour in eggs and tilt pan so eggs fully cover the entire pan. As eggs start to set, use a rubber spatula to drag cooked edges into center of pan. Tilt pan to let uncooked egg fall to the edge of the pan.
3. Once the bottom is set, but top is still a little wet, sprinkle cheese, spinach, and chives on one half of omelet. Fold other side over cheese and slide omelet onto a plate.

