



COMFORT FOOD CLASSICS

There's no one-size-fits-all eating approach for managing IBS-C and CIC. This collection includes recipes that are high in fiber and recipes that may be appropriate for those exploring a low-FODMAP diet (per the recommendation of a health professional). If the symptoms of your constipation are sudden or last for a short time, it may be occasional constipation. If the symptoms keep coming back and seem to last for a long time, it may be chronic constipation. It's important to talk to your doctor about your experience and decide what diet, and if any medication, may potentially be right for you.



High Fiber

Increasing fiber, particularly the soluble fiber in oats, beans, nuts, and apples, may help with constipation. Incorporating these recipes can help you increase your fiber intake gradually.



Low FODMAP

For some people, following a low-FODMAP diet—under the supervision of a healthcare provider—improves gastrointestinal symptoms. The acronym FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. These are types of carbohydrates that are not completely absorbed in the gut and can be broken down by gut bacteria through a process called fermentation. A low-FODMAP diet limits hard-to-digest carbohydrates, including beans; certain types of fruits and vegetables; most types of dairy and large amounts of cereal grains, like wheat and rye. Low-FODMAP eating emphasizes lean proteins, healthy fats, easier-to-process fruits and vegetables, and gluten-free grains.

Recipes are provided for informational purposes only. Always seek the advice of your healthcare provider to determine what diet is best for your individual needs.



OVEN “FRIES”

Coated with olive oil and baked in a hot oven, these fries are soft and buttery inside and crisp on the outside—the perfect combination.

Makes: 4 servings

Active Time: 5 minutes

Total Time: 25 minutes

Recipe Ingredients:

- 2 large Yukon Gold potatoes, cut into wedges
- 4 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme (optional)



Recipe Steps:

1. Preheat oven to 450°F.
2. Toss potato wedges with oil, salt, and thyme (if using). Spread the wedges out on a rimmed baking sheet.
3. Bake until browned and tender, turning once, about 20 minutes total.

Recipe Nutrition:

Per serving: 181 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 32 g carbohydrate; 2 g total sugars; 4 g protein; 3 g fiber; 306 mg sodium; 800 mg potassium.



PROSCIUTTO- WRAPPED SCALLOPS WITH SPINACH

This take on the classic bacon-wrapped appetizer uses prosciutto instead to wrap meaty scallops. Prosciutto has a melt-in-your-mouth texture.

Makes: 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Equipment: Four 10-inch metal or bamboo skewers

Recipe Ingredients:

- 12 large dry sea scallops (about 1 pound)
- 1/4 teaspoon lemon pepper
- 1 1/4 ounces very thinly sliced prosciutto (about 3 slices), cut into 12 long strips
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- Ground pepper to taste
- 12 ounces baby spinach



Recipe Steps:

1. Place rack in upper third of oven; preheat broiler. Coat a large baking sheet with cooking spray.
2. Pat scallops dry and sprinkle both sides with lemon pepper. Wrap 1 piece of prosciutto around each scallop. Thread 3 scallops crosswise onto each skewer (securing the prosciutto to the scallop) and place on the prepared baking sheet. Broil until just cooked through, about 6 minutes.
3. Meanwhile, whisk oil, lemon zest, lemon juice, salt, and pepper in a medium bowl. Reserve 1 tablespoon of the vinaigrette in a small bowl.
4. Place spinach in a colander and rinse under cold water. Heat a large skillet over medium heat. When hot, add handfuls of spinach (with water still clinging to it) to the pan and cook, stirring, until just wilted, 2 to 3 minutes. Drain the spinach and add to the medium bowl; toss to coat with the vinaigrette. Divide the spinach among 4 plates and top each portion with 3 scallops. Drizzle the scallops with the reserved vinaigrette.

Recipe Tips & Notes:

- Be sure to buy “dry” sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops that have been treated with STP (“wet” scallops) have been subjected to a chemical bath and are not only mushy and less flavorful, but will not brown properly.

Recipe Nutrition:

Per serving: 238 calories; 14 g fat (3 g sat, 8 g mono); 47 mg cholesterol; 6 g carbohydrate; 0 g total sugars; 23 g protein; 2 g fiber; 613 mg sodium; 782 mg potassium.



MEATLOAF WITH MASHED LENTILS & BROCCOLI

Flavorful beef and a creamy lentil mash make this meatloaf dinner oh-so modern.

Makes: 6 servings

Active Time: 25 minutes

Total Time: 1 hour and 35 minutes

Recipe Ingredients:

- 1 1/2 pounds lean ground beef
- 3 egg whites, lightly beaten
- 1/2 cup breadcrumbs
- 1 cup tomato sauce, divided
- 1 medium zucchini, shredded
- 1/2 medium onion, chopped
- 1 1/2 cups chopped red and yellow bell peppers
- 3 cloves garlic, chopped
- 1 teaspoon salt, divided
- 3/4 teaspoon dried sage
- 3/4 teaspoon dried oregano
- 1/2 teaspoon ground pepper, plus 1/8 teaspoon, divided
- 2 cups reduced-sodium chicken broth
- 1 cup red lentils
- 3 cups broccoli florets



Recipe Steps:

1. Preheat oven to 375°F. Line a 9-by-5-inch loaf pan with foil and coat with cooking spray.
2. In a large bowl, combine ground beef, egg whites, breadcrumbs, 1/2 cup tomato sauce, zucchini, onion, bell peppers, garlic, 3/4 teaspoon salt, sage, oregano, and 1/2 teaspoon pepper. Spoon the mixture into the prepared pan; press flat.
3. Bake for 30 minutes. Spoon the remaining 1/2 cup tomato sauce over the top and bake for an additional 25 minutes. Remove from oven and let rest for 15 minutes before slicing into 6 servings.
4. Meanwhile, cook lentils according to package directions; drain and mash. Steam broccoli.
5. Serve the meatloaf with the lentil mash and steamed broccoli.

Recipe Nutrition:

Per serving: 369 calories; 9 g fat (3 g sat); 70 mg cholesterol; 34 g carbohydrate; 39 g protein; 8 g fiber; 759 mg sodium.

CHEESE & VEGETABLE RICE CASSEROLE

This delicious and nutritious casserole comes together quickly when you keep a well-stocked pantry (and freezer).



Makes: 6 servings

Active Time: 20 minutes

Total Time: 1 hour 5 minutes

Recipe Ingredients:

- 1 16-ounce package frozen broccoli, cauliflower, and carrots, thawed
- 4 cups cooked rice
- 1 15-ounce can black beans, rinsed and drained
- 1 12-ounce jar roasted red peppers, drained and coarsely chopped
- 1 cup frozen corn, thawed
- 2 4-ounce cans diced green chiles, drained
- 2 cups shredded Cheddar cheese (8 ounces), divided
- 1 1/4 cups chicken broth
- 1/2 cup seasoned fine dry breadcrumbs
- 2 tablespoons butter, melted



Recipe Steps:

1. Preheat oven to 350°F. Lightly grease a 3-quart rectangular baking dish; set aside.
2. In a large bowl, stir together mixed vegetables, cooked rice, beans, roasted peppers, corn, and chiles. Stir in 1 cup cheese and the broth. Transfer the mixture to the prepared baking dish. Sprinkle with the remaining 1 cup cheese.
3. Combine breadcrumbs and melted butter in a small bowl. Sprinkle over the vegetable mixture.
4. Bake, uncovered, until the mixture is heated through and the crumbs are golden, 35 to 40 minutes. Let stand for 10 minutes before serving.

Recipe Nutrition:

Per serving: 471 calories; 18 g fat (10 g sat, 5 g mono); 50 mg cholesterol; 60 g carbohydrate; 4 g total sugars; 21 g protein; 8 g fiber; 1,423 mg sodium; 372 mg potassium.



WHITE TURKEY CHILI

This white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano, and green chiles. Adding whole-grain bulgur boosts the volume and fiber. After all the ingredients are added to the pot, slowly simmer for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.

Makes: 6 servings

Active Time: 40 minutes

Total Time: 1½ hours

To Make Ahead: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Recipe Ingredients:

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3 1/2 cups)
- 1/2 cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans diced green chiles
- 4 cups reduced-sodium chicken broth



Recipe Steps:

1. Heat oil in a large pot over medium-high heat. Add ground turkey, onion, and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper, and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

Recipe Nutrition:

Per serving: 356 calories; 14 g fat (2 g sat, 5 g mono); 43 mg cholesterol; 35 g carbohydrate; 4 g total sugars; 26 g protein; 10 g fiber; 722 mg sodium; 898 mg potassium.



CHICKEN & ARTICHOKE PENNE

Chicken, olives, and tomatoes flavor this comforting pasta dish.

Makes: 4 servings

Active Time: 35 minutes

Total Time: 35 minutes

Recipe Ingredients:

- 3 ounces whole-grain penne (1 cup)
- 1/3 cup chopped onion (1 small)
- 2 cloves garlic, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/4 cups chopped Roma tomatoes
- 1 14-ounce can quartered artichokes, drained and halved
- 1 cup chopped cooked chicken breast
- 1/4 cup Kalamata olives, sliced
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 2 ounces fresh mozzarella cheese, coarsely chopped
- 2 tablespoons chopped fresh basil leaves



Recipe Steps:

1. Cook pasta according to package directions. Drain and set aside.
2. Lightly coat a large saucepan with cooking spray; heat over medium heat. Add onion; cook just until tender, about 3 minutes. Add garlic; cook for 1 minute more. Stir in tomatoes, artichokes, chicken, and olives. Cook and stir until heated through, about 5 minutes. Stir in the cooked pasta, tossing gently to heat through. Sprinkle with salt and pepper. Top with mozzarella and basil.

Recipe Nutrition:

Per serving: 256 calories; 6 g fat (2 g sat, 0 g mono); 40 mg cholesterol; 30 g carbohydrate; 6 g total sugars; 19 g protein; 6 g fiber; 614 mg sodium; 336 mg potassium.



BARBECUE CHICKEN & SPINACH PIZZA

This flavorful, chicken-and-greens topped flatbread feels a little fancy—but comes together in just 25 minutes, start to finish.

Makes: 4 servings

Active Time: 15 minutes

Total Time: 25 minutes

Recipe Ingredients:

- 1 12-inch whole-wheat thin Italian bread shell
- 1 9-ounce package frozen chopped, cooked chicken, thawed
- 1/2 cup barbecue sauce
- 2 cups fresh baby spinach
- 1 cup shredded reduced-fat Monterey Jack cheese or part-skim mozzarella cheese (4 ounces)
- 2 tablespoons snipped fresh cilantro



Recipe Steps:

1. Preheat oven to 450°F. Place bread shell on a large baking sheet. In a medium bowl, combine chicken and barbecue sauce. Evenly spread the chicken mixture on the bread shell. Top with spinach and cheese.
2. Bake until the cheese is melted and the pizza is heated through, 10 to 12 minutes. Sprinkle with cilantro.

Recipe Nutrition:

Per serving: 385 calories; 13 g fat (5 g sat, 0 g mono); 65 mg cholesterol; 40 g carbohydrate; 4 g total sugars; 33 g protein; 6 g fiber; 1,258 mg sodium.

MAC & CHEESE WITH COLLARDS

Dark leafy collards add bold flavor and boost the calcium in this skillet mac and cheese recipe with a crispy topping. If you don't have collards, kale, Swiss chard, and spinach are delicious substitutes.



Makes: 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Recipe Ingredients:

- 8 ounces whole-wheat elbow noodles (about 2 cups)
- 4 cups chopped collard greens
- 1 3/4 cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 cup shredded extra-sharp Cheddar cheese
- 2 ounces reduced-fat cream cheese
- 2 teaspoons white-wine vinegar
- 1/4 cup panko breadcrumbs, preferably whole-wheat
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon paprika



Recipe Steps:

1. Bring a large pot of water to a boil. Add pasta and collards and cook according to the pasta package directions. Drain.
2. Meanwhile, heat 1 1/2 cups milk in a large broiler-safe skillet over medium-high heat until just simmering. Whisk the remaining 1/4 cup milk, flour, salt, and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; reduce heat to medium-low and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and whisk in Cheddar, cream cheese, and vinegar until the cheese is melted. Stir the pasta and collards into the sauce.
3. Position rack in upper third of oven; preheat broiler to high.
4. Combine breadcrumbs, oil, and paprika in a small bowl. Sprinkle over the pasta. Broil until golden brown, 1 to 3 minutes.

Recipe Nutrition:

Per serving: 470 calories; 18 g fat (9 g sat, 7 g mono); 45 mg cholesterol; 57 g carbohydrate; 8 g total sugars; 23 g protein; 7 g fiber; 577 mg sodium; 369 mg potassium.

BAKED POTATOES FLORENTINE

These simple stuffed potatoes are jazzed up Florentine-style with spinach and feta cheese.



Makes: 4 servings

Active Time: 5 minutes

Total Time: 40 minutes

Recipe Ingredients:

- 4 baking potatoes, about 8 ounces each, scrubbed
- 1 tablespoon olive oil
- 1 large onion, chopped
- 9 ounces baby spinach, coarsely chopped
- 1/2 teaspoon salt, divided
- 1/8 teaspoon ground pepper
- 1 large egg, separated
- 4 ounces crumbled feta cheese, divided



Recipe Steps:

1. Preheat oven to 400°F. Pierce potatoes with a fork and place on paper towels in microwave. Microwave on High for 16 minutes, turning over halfway through.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and cook 5 minutes. Stir in half the spinach and cook down slightly. Add the remaining spinach and cook until all is wilted, about 3 minutes. Season with 1/4 teaspoon salt and the pepper. Remove the pan from heat; transfer the spinach mixture to a large bowl and cool slightly.
3. Line a small baking sheet with foil; place the potatoes on the foil. Carefully cut open the potatoes; sprinkle with the remaining 1/4 teaspoon salt.
4. Beat the egg white to stiff peaks. Once the spinach mixture has cooled slightly, stir in egg yolk and all but 2 tablespoons feta. Fold the egg white into the spinach mixture. Divide the mixture evenly among the potatoes (about 1/2 cup in each). Sprinkle all with the remaining feta.
5. Bake for 10 minutes. Increase heat to broil; broil for 2 minutes.

Recipe Nutrition:

Per serving: 345 calories; 11 g fat (5 g sat); 78 mg cholesterol; 53 g carbohydrate; 12 g protein; 7 g fiber; 739 mg sodium.



TOMATO-AVOCADO GRILLED CHEESE

A quick homemade guacamole ups the creaminess factor in these yummy grilled cheese sandwiches.

Makes: 4 servings

Active Time: 25 minutes

Total Time: 25 minutes

Recipe Ingredients:

- 1 ripe avocado, halved
- 1 tablespoon lemon juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- 8 slices whole-grain bread
- 6 ounces reduced-fat Monterey Jack cheese, sliced
- 1 large tomato, thinly sliced
- 2 tablespoons butter or margarine, softened, divided



Recipe Steps:

1. In a small bowl, use a fork to mash together avocado, lemon juice, cumin, and salt until smooth. Stir in parsley. Set aside.
2. Top 4 of the bread slices with the cheese. Spread with the avocado mixture and top with tomato slices. Place the remaining bread slices on top of the tomato slices. Spread the tops of the bread slices lightly with half the butter (or margarine).
3. Heat a large nonstick griddle or 12-inch skillet over medium-high heat. Carefully add the sandwiches, buttered-sides down. Very carefully spread the tops with the remaining butter (or margarine). Cook until golden, 4 to 6 minutes, turning once.

Recipe Nutrition:

Per serving: 417 calories; 23 g fat (10 g sat); 45 mg cholesterol; 37 g carbohydrate; 22 g protein; 11 g fiber; 772 mg sodium.
