



# NEW RECIPES TO TEMPT YOUR TASTE BUDS

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.



# OPEN-FACE EGG SANDWICH

Start the day off right with this protein-packed breakfast sandwich featuring an edamame-avocado guacamole.

**Makes:** 4 servings

**Active Time:** 15 minutes

**Total Time:** 15 minutes

## Recipe Ingredients:

- 1 cup frozen shelled edamame (sweet soybeans), thawed
- 1 avocado, halved, seeded, and peeled
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/2 cup chopped red bell pepper
- 4 very thin slices firm whole-wheat bread, toasted, or 2 whole-wheat pita bread rounds, split in half horizontally
- 4 hard-boiled eggs, thinly sliced
- Ground pepper to taste



## Recipe Steps:

1. Combine edamame, avocado, lemon juice, garlic, and salt in a medium bowl; mash with a fork or potato until the avocado is smooth and the edamame are coarsely mashed. Stir in bell pepper.
2. Spread the edamame mixture onto toast slices (or pita halves). Arrange egg slices on top. Sprinkle with pepper.

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## Recipe Nutrition:

**Per serving:** 240 calories; 14 g fat (3 g sat, 5 g mono); 212 mg cholesterol; 17 g carbohydrate; 4 g total sugars; 14 g protein; 6 g fiber; 293 mg sodium; 288 mg potassium.

# RASPBERRY OVERNIGHT MUESLI

In this overnight muesli recipe, yogurt softens the oats to make them creamy and delicious. Don't have raspberries on hand? Try adding chopped apple, blueberries, or dried cranberries instead.



**Makes:** 1 serving

**Active Time:** 5 minutes

**Total Time:** 8-24 hours

**To Make Ahead:** Refrigerate for up to 24 hours.

## Recipe Ingredients:

- 3/4 cup nonfat vanilla yogurt
- 1/2 cup old-fashioned rolled oats
- 1/2 cup fresh raspberries
- 1 tablespoon toasted chopped almonds



## Recipe Steps:

1. Combine yogurt and oats in a medium bowl. Cover and refrigerate for 8 to 24 hours.
2. Stir in raspberries and top with almonds just before eating.

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## Recipe Nutrition:

**Per serving:** 401 calories; 8 g fat (1 g sat, 4 g mono); 3 mg cholesterol; 68 g carbohydrate; 36 g total sugars; 17 g protein; 9 g fiber; 183 mg sodium; 716 mg potassium.

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# TUNA AND BOK CHOY PACKETS

Steaming fish and vegetables together in a foil packet is a great way to keep the fish moist and have little to clean up. If baby bok choy is not available, use 8 cups chopped mature bok choy.

**Makes:** 4 servings

**Active Time:** 15 minutes

**Total Time:** 30 minutes

## Recipe Ingredients:

- 1/4 cup horseradish mustard
- 1/4 cup finely chopped parsley, divided
- 2 tablespoons water
- 1/4 teaspoon ground pepper
- 2 baby bok choy, trimmed and quartered lengthwise
- 1 tablespoon extra-virgin olive oil
- 1-1 1/4 pounds tuna, wild salmon, mahi mahi, or cod, skinned if desired, cut into 4 portions



## Recipe Steps:

1. Preheat oven to 475°F.
2. Combine mustard, 3 tablespoons parsley, water, and pepper in a small bowl. Toss bok choy, oil, and 2 tablespoons of the mustard sauce in a large bowl.
3. Cut four 20-inch sheets of foil. Arrange 2 bok choy quarters in the center of each piece; top with a portion of fish and 1 tablespoon of the remaining sauce. Bring the short ends of foil together, fold over and pinch to seal. Pinch the side seams together to seal the packets and place on a large baking sheet.
4. Bake the packets until the fish is opaque in the center, about 15 minutes (depending on thickness). When opening a packet to check for doneness, be careful of the steam. Serve, sprinkled with the remaining 1 tablespoon parsley.

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## Recipe Nutrition:

**Per serving:** 201 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 5 g carbohydrate; 2 g total sugars; 30 g protein; 2 g fiber; 258 mg sodium; 1,008 mg potassium.



# CHICKEN WITH LIME AND AVOCADO SALSA

Bright notes of lime and cilantro dress up the avocado, tomato, and red-onion salad that tops this protein-rich chicken dish.

**Makes:** 4 servings

**Active Time:** 20 minutes

**Total Time:** 25 minutes

## Recipe Ingredients:

- 4 chicken cutlets
- 3 tablespoons extra-virgin olive oil, divided
- Salt and ground pepper to taste
- 3 large avocados, halved, pitted, peeled, and chopped
- 1 large tomato, chopped
- 1 medium red onion, cut in thin strips
- 1 jalapeño pepper, seeded and sliced
- 3 tablespoons lime juice
- 1/4 cup packed fresh cilantro leaves
- Lime wedges



## Recipe Steps:

1. Preheat a grill pan over high heat. Coat chicken with 2 tablespoons oil and sprinkle generously with salt and pepper. Add to the pan; cook until no pink remains, 2 to 3 minutes on each side.
2. Meanwhile, combine avocados, tomato, onion, jalapeño, lime juice, and the remaining 1 tablespoon oil in a large bowl. Season to taste with salt and pepper. Serve the salsa with the chicken. Garnish with cilantro and lime wedges.

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## Recipe Nutrition:

**Per serving:** 496 calories; 33 g fat (5 g sat); 82 mg cholesterol; 18 g carbohydrate; 3 g total sugars; 36 g protein; 11 g fiber; 254 mg sodium; 1,228 mg potassium.

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# SOUTHWEST GRILLED CHICKEN CAESAR

In this Southwestern spin on the classic Caesar salad, avocado stands in for raw egg and some of the oil of the rich, creamy dressing. Topping it with grilled chicken makes it satisfying.

**Makes:** 4 servings

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Recipe Ingredients:

- 1 pound boneless, skinless chicken breasts, tenders removed
- 1 1/4 teaspoons ground cumin, divided
- 1 1/4 teaspoons chili powder, divided
- 1 1/4 teaspoons kosher salt, divided
- 1 avocado, diced, divided
- 1/2 cup shredded Asiago or Parmesan cheese, divided
- 3 anchovy fillets, chopped
- 3 tablespoons water
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, chopped
- 1/4 teaspoon ground pepper, or to taste
- 10 cups chopped romaine lettuce
- 1 cup croutons, preferably whole-wheat



## Recipe Steps:

1. Preheat grill to high.
2. Pound chicken breasts between 2 pieces of plastic wrap with a meat mallet to an even 3/4-inch thickness. Combine 1 teaspoon each cumin and chili powder and 1/2 teaspoon salt; sprinkle on the chicken.
3. Oil the grill rack. Grill the chicken until no longer pink, 3 to 4 minutes per side.
4. Puree half the avocado, 1/4 cup cheese, anchovies, water, lemon juice, oil, garlic, pepper, and the remaining cumin, chili powder, and salt in a food processor until smooth. Gently toss with romaine, croutons, and the remaining avocado and cheese in a large bowl. Serve topped with the grilled chicken.

## Recipe Tips and Notes:

- It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.
- Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

## Recipe Nutrition:

**Per serving:** 360 calories; 21 g fat (5 g sat, 10 g mono); 66 mg cholesterol; 18 g carbohydrate; 3 g total sugars; 27 g protein; 8 g fiber; 751 mg sodium; 777 mg potassium.



# CARTWHEEL PASTA WITH PEPPERS & ONIONS

In this simple recipe, the veggie-rich sauce—bell peppers stewed with caramelized onions and tomatoes—is tossed with wagon-wheel pasta for an easy and filling pasta dinner.

**Makes:** 4 servings

**Active Time:** 40 minutes

**Total Time:** 40 minutes

## Recipe Ingredients:

- 1 1/2 cups sweet yellow onion, halved and thinly sliced crosswise
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt plus 1 tablespoon, divided
- 1/8 teaspoon crushed red pepper
- 2 yellow bell peppers
- 1 red bell pepper
- 3/4 cup coarsely chopped canned no-salt added whole peeled tomatoes, with their juice
- 1 tablespoon chopped flat-leaf parsley
- 12 ounces wagon-wheel or fusilli pasta



## Recipe Steps:

1. Combine onion, oil, 1/4 teaspoon salt, and crushed red pepper in a large skillet over medium heat. Cook, stirring occasionally, until the onion is a rich golden color, 10 to 15 minutes.
2. Meanwhile, peel bell peppers with a vegetable peeler. Cut them in half, remove the cores, and thinly slice into 1/4-inch-wide strips.
3. When the onion is golden, increase heat to medium-high and add the peppers. Cook, stirring occasionally, for 2 minutes. Reduce heat to medium; add tomatoes and 1/4 teaspoon salt and cook until the tomatoes are no longer watery and have separated from the oil, 15 to 20 minutes. Add parsley, stir for 30 seconds, then remove from heat.
4. Meanwhile, bring 2 quarts of water to a boil in a large pot. Add the remaining 1 tablespoon salt, then add pasta and stir well. Cook according to package instructions until just tender. Drain well and toss with the sauce. Serve at once.

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## Recipe Nutrition:

**Per serving:** 480 calories; 13 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 76 g carbohydrate; 7 g total sugars; 14 g protein; 6 g fiber; 507 mg sodium; 477 mg potassium.



# POLENTA AND VEGETABLE BAKE

This vegetarian casserole subs polenta for lasagna noodles for a change of pace.

**Makes:** 8 servings

**Active Time:** 35 minutes

**Total Time:** 40 minutes

## Recipe Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium eggplant, diced
- 1 small zucchini, finely diced
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 cup water
- 10 ounces baby spinach
- 1 1/2 cups prepared marinara sauce, preferably lower-sodium
- 1/2 cup chopped fresh basil
- 14 ounces prepared polenta, sliced lengthwise into 6 thin slices
- 1 1/2 cups shredded part-skim mozzarella, divided



## Recipe Steps:

1. Preheat oven to 450°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add eggplant, zucchini, salt, and pepper and cook, stirring occasionally, until the vegetables are tender and just beginning to brown, 4 to 6 minutes. Add water and spinach; cover and cook until wilted, stirring once, about 3 minutes. Stir marinara sauce into the vegetables and heat through, 1 to 2 minutes. Remove from the heat and stir in basil.
3. Place polenta slices in a single layer in the prepared baking dish, trimming to fit if necessary. Sprinkle with 3/4 cup cheese, top with the eggplant mixture and sprinkle with the remaining 3/4 cup cheese. Bake until bubbling and the cheese has just melted, 12 to 15 minutes. Let stand for about 5 minutes before serving.

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## Recipe Nutrition:

**Per serving:** 216 calories; 8 g fat (3 g sat, 4 g mono); 14 mg cholesterol; 27 g carbohydrate; 10 g total sugars; 9 g protein; 6 g fiber; 670 mg sodium; 195 mg potassium.



# MAPLE-ROASTED SWEET POTATOES

Roasting sweet potatoes is even easier than boiling and mashing them. A maple-syrup glaze transforms this ultra-simple dish into something sublime.

**Makes:** 12 servings

**Active Time:** 10 minutes

**Total Time:** 1 hour 10 minutes

**To Make Ahead:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

## Recipe Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Ground pepper to taste



## Recipe Steps:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13 inch glass baking dish. Combine maple syrup, butter, lemon juice, salt, and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

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## Recipe Nutrition:

**Per serving:** 92 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 18 g carbohydrate; 10 g total sugars; 1 g protein; 2 g fiber; 119 mg sodium; 294 mg potassium.

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# KALE SALAD WITH ASIAN DRESSING

Take a break from the same old lettuce salad. Try this creative mix of kale, tomato, and bell pepper tossed with a tasty Asian-inspired dressing.



**Makes:** 4 servings

**Active Time:** 15 minutes

**Total Time:** 15 minutes

## Recipe Ingredients:

### Kale Salad

- 3 cups finely chopped fresh kale leaves
- 1 plum tomato, chopped
- 1/3 cup chopped red bell pepper
- 1/4 cup pitted black olives, quartered lengthwise
- 3 radishes, thinly sliced and halved if desired
- 2 green onions, sliced
- 2 tablespoons raw sunflower kernels

### Asian Dressing

- 3 tablespoons lemon juice
- 3 tablespoons water
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons olive oil
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder



## Recipe Steps:

1. To prepare salad: Combine kale, tomato, bell pepper, olives, radishes, green onions, and sunflower kernels in a large bowl. Toss gently to mix.
2. To prepare dressing: Combine lemon juice, water, soy sauce, oil, onion powder, and garlic powder in a screw top jar. Cover and shake well.
3. Drizzle dressing over salad. Toss gently to coat.

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## Recipe Nutrition:

**Per serving:** 83 calories; 4 g fat (1 g sat); 0 mg cholesterol; 10 g carbohydrate; 3 g protein; 3 g fiber; 243 mg sodium.



# SPICED POPCORN

Jazz up plain popcorn with a little cumin and chili powder for an afternoon snack or for movie night.

**Makes:** 12 servings

**Active Time:** 10 minutes

**Total Time:** 10 minutes

## Recipe Ingredients:

- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 to 1/2 teaspoon salt
- Dash cayenne pepper
- Dash ground cinnamon
- 12 cups popped popcorn
- Cooking spray



## Recipe Steps:

1. Combine cumin, chili powder, salt to taste, cayenne, and cinnamon in a small bowl.
2. Spread popped popcorn in an even layer in a large shallow baking pan. Lightly coat the popcorn with cooking spray. Sprinkle the spice mixture evenly over the popcorn; toss to coat.

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## Recipe Nutrition:

**Per serving:** 31 calories; 0 g fat (0 g sat); 0 mg cholesterol; 6 g carbohydrate; 0 g total sugars; 1 g protein; 1 g fiber; 50 mg sodium; 28 mg potassium.

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