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ROASTED BEET SALAD

FOR THE MANAGEMENT OF IRRITABLE BOWEL SYNDROME

INGREDIENTS

- 1 can (15 ounces) cut beets, drained and rinsed well
- ½ cup plus 1 tablespoon olive oil
- ¼ teaspoon dried thyme
- 2 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons brown sugar
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ head romaine lettuce, stem removed from base and chopped into small pieces
- 1 bunch kale, stems removed and sliced into thin ribbons
- ½ cup unsalted walnuts, roughly chopped
- ½ cup goat cheese

INSTRUCTIONS

1. Preheat oven to 400F
2. Spread the drained beets on a paper towel and pat dry.
3. In a medium bowl, toss the beets in olive oil, thyme, and a pinch of salt and pepper.
4. Spread evenly on a lined baking sheet and roast for 20-25 minutes.
5. While the beets roast, whisk together ½ cup olive oil, balsamic vinegar, mustard, brown sugar, Italian seasoning, salt and pepper.
6. In a large bowl, combine romaine lettuce, kale, walnuts, and goat cheese then toss with dressing.
7. When finished roasting, add beets to salad and toss well to combine.
8. Divide the salad evenly into 4 bowls.



LOW FODMAP



4 SERVINGS



30 MIN



ROASTED BEET SALAD NUTRITION FACTS

CHECK THE LABEL

Eating Salads on a Low FODMAP Diet

Following a low FODMAP diet can initially be challenging for many people suffering from IBS. This is especially true when it comes to eating fruits and vegetables, many of which may be off limits during the diet's elimination phase. Salads based on leafy greens can be a great way to continue getting fiber during this phase.

Learning to make simple substitutions for high FODMAP ingredients can also help patients continue to enjoy foods they love. In this recipe, canned beets are used instead of fresh because the canning process reduces FODMAP levels. Brown sugar is used in place of the honey to create sweetness in the dressing that will balance out the tartness of the balsamic vinegar without adding additional fructose.

Nutrition Facts

servings per container	
Serving size	(246g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	15%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 148mg	10%
Iron 4mg	20%
Potassium 501mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Homemade vinaigrette basics

Homemade vinaigrette dressing is a simple way to control what you are eating no matter what dietary modifications you may need to make. Vinaigrettes begin with a base of ½ cup neutral oil such as vegetable or olive oil. Next you will add 2 tablespoons of acid such as vinegar or citrus juice, followed by a sweetener such as honey, maple syrup, or brown sugar. Depending on the flavor profile, you may wish to add Dijon or brown mustard. Finish with complimentary herbs and spices then whisk well to emulsify. Homemade vinaigrette will keep in the fridge in a sealed container for 1-2 weeks.