

loaded low fodmap lentil nachos

Author: Em Schwartz, MS, RDN Total Time: 20 minutes

Yield: 6 1x



Loaded Low FODMAP Lentil Nachos are a yummy plant-based take on the popular sheet pan appetizer. They're easy-to-make and easy-to-customize - perfect for a party!

INGREDIENTS

- 2 Tbsp. **garlic-infused olive oil**
- ½ cup finely chopped leek leaves (green tops only)
- 1 Tbsp. minced jalapeno (optional)
- 1 (15 oz.) **can lentils**, drained and rinsed
- 1-2 tsp. **low FODMAP taco seasoning** (to taste)
- 6 oz. corn tortilla chips
- ½ cup shredded cheddar cheese (or dairy-free cheese)

Optional Toppings

- 1 medium regular tomato, seeded and diced
- ¼ cup sliced green onion (green parts only)
- ¼ cup sliced black olives
- 1 Tbsp. finely chopped cilantro
- **Low FODMAP Salsa**
- **Low FODMAP Taco Sauce**

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Heat olive oil in a large skillet over medium-high heat. Add leek leaves and optional jalapeno. Saute until leek leaves are bright green, fragrant, and soft. Reduce heat, add canned lentils and stir to mix. Add taco seasoning, adjusting amount to taste. (If you're using homemade **low FODMAP taco seasoning**, you may want to add a little salt here.) Remove skillet from heat and set aside.
3. Place tortilla chips onto a rimmed baking sheet and spread into an even layer. Top with lentil mixture and sprinkle evenly with cheese. Bake for 5 minutes.

4. Remove pan from oven. Top with your favorite optional toppings and serve warm.

NOTES

Leek Leaves: A low FODMAP serving is $\frac{2}{3}$ cup or 54 grams.

Canned Lentils: A low FODMAP serving is a $\frac{1}{2}$ cup or 46 grams.

Corn Tortilla Chips: A low FODMAP serving is 50 grams or about 1.7 ounces.

Cheddar Cheese: A low FODMAP serving is 40 grams or 1.4 ounces.

Dairy-Free Cheese: A low FODMAP serving of soy cheese is 40 grams or 1.4 ounces. Not soy-based, but I personally use Daiya Dairy Free Cheese-Style Shreds. By ingredient, they appear to be lower in FODMAPs, however, they have not been tested and may not be tolerated by all. Consider testing to tolerance if this is a go-to option for you.

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