

☎ 03 9845 7155 (tel:03 9845 7155)

✉ info@fodmapfriendly.com (mailto:info@fodmapfriendly.com)

ABOUT ▼

PRODUCTS ▼

RESOURCES ▼

f (https://www.facebook.com/FODMAPFriendly)

📷 (https://instagram.com/fodmapfriendlyfoodprogram/)

🐦 (https://twitter.com/FODMAP_Friendly)

BLOATING (HTTPS://FODMAPFRIENDLY.COM/FODMAPBLOATINGSYMPTOMS/)

Find What You're Looking For...



(https://fodmapfriendly.com)

BLOG

(HTTPS://FODMAPFRIENDLY.COM/BLOG)

RECIPES

(HTTPS://FODMAPFRIENDLY.COM/RECIPES/)

EDUCATION

(HTTPS://FODMAPFRIENDLY.COM/SEMINAR-SERIES/)

CONTACT

(HTTPS://FODMAPFRIENDLY.COM/US/)

HOME (HTTPS://FODMAPFRIENDLY.COM/) > RECIPES (HTTPS://FODMAPFRIENDLY.COM/RECIPES/)

> LOW FODMAP QUESADILLA (HTTPS://FODMAPFRIENDLY.COM/RECIPE/QUESADILLA/)

Low FODMAP Quesadilla

Posted on January 12, 2023





(<https://fodmapfriendly.com/recipes/>)



With Summer upon us (in the southern hemisphere) we thought it would be fitting if we gave you a flavoursome quesadilla recipe – great for lunch, dinner or entertaining on those warm evenings! This simple recipe utilises 6 FODMAP Friendly certified products!

Happy cooking!

Low FODMAP Quesadilla – Chicken, Beef or Vegetarian

Prep Time: 10 minutes

Cook time: 15 minutes

Serves: 2

Ingredients:

QUESADILLAS:

- 4 x La Tortilleria Corn Tortilla's (https://fodmapfriendly.com/fodmap_products/tortillas/)
- 100g Liddells lactose free pizza cheese blend (https://fodmapfriendly.com/fodmap_products/pizzablend/) or Green Valley Creamery Lactose Free Shredded Mozzarella (https://fodmapfriendly.com/fodmap_products/green-valley-creamery-lactose-free-shredded-mozzarella-cheese-6oz/)
- 1/4 cup roughly chopped coriander/cilantro
- 100g fresh sweet corn kernels (skin removed and cut from cob)

QUESADILLA SPICE MIX:

- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1 tsp cumin powder
- 1 tsp paprika
- Pinch of black pepper, cayenne pepper (optional if you like spicy)

QUESADILLA FILLING:

- 1 tsp olive oil
- 1 tsp FreeFOD low FODMAP garlic replacer (<https://freefod.com/product/garlic-replacer/>)
- 1 tsp FreeFOD low FODMAP onion replacer (<https://freefod.com/product/onion-replacer/>)
- 50g red capsicum/bell peppers, diced
- 1 tbsp tomato paste

Choose one filling of choice:

- 200g beef mince or,
- 200g chicken breast/tenderloin or,
- 1/4 can of black beans, drained

Method:

1. In a small bowl, mix together all ingredients for the spice mix.
2. Cook your chosen quesadilla filling:

Beef filling

1. Heat oil in a skillet over high heat. Add onion and garlic replacer, cook for 2 minutes.
2. Add beef and cook, breaking it up as you go. Once it changes from pink to brown, add capsicum. Cook for 1 minute.
3. Add tomato paste, water and spice mix. Cook for 2 minutes.
4. Transfer to bowl, cool.

Chicken filling

1. Cut up chicken into small pieces.
2. Drizzle chicken with 1 tbsp oil, toss to coat. sprinkle over spice mix, toss well to coat.
3. Heat 1 tbsp oil in a large skillet over medium heat. Add chicken and cook for 3 minutes until deep golden.
4. Add onion and garlic replacer. Turn and cook chicken for 3 minutes until cooked through.
4. Add capsicum and cook for 1 minute.
5. Transfer to bowl, cool.

Vegetable filling

1. Heat oil in a skillet over high heat.
2. Add capsicum and the onion and garlic replacer, cook for 1 minute.
3. Add beans, tomato paste, water and spice mix. Cook for 2 minutes.
4. Transfer to bowl, cool.

3. Preheat non stick skillet over medium low heat (if pan is not non-stick use 2 tsp oil).
4. Place tortilla on work surface. Sprinkle one side with a bit of cheese, top with filling of choice.
5. Sprinkle with corn, coriander and top with cheese, then, fold in half.
- 6.. Place quesadilla in skillet, press down lightly, cover with lid. Cook for 3 minutes until underside is super golden brown and crispy.

7. Carefully flip over the folded edge. Press down lightly. Cook for 3 minutes until crispy (no lid).

8. Transfer to cutting board, cut in half. Serve immediately!

Dipping Sauce options: Liddells Lactose Free Sour Cream (<https://fodmapfriendly.com/blogpost/liddells-thickened-light-sour-creams-are-fodmap-friendly-certified/>) or Green Valley Lactose Free Sour Cream

(https://fodmapfriendly.com/fodmap_products/green-valley-creamery-lactose-free-conventional-sour-cream/) Bays

Kitchen Spicy Tomato Salsa, (https://fodmapfriendly.com/fodmap_products/bayskitchensalsa/) ¼ Avocado

Use our FODMAP Friendly App (<https://fodmapfriendly.com/app/>)
to find low FODMAP substitutes for any ingredient!



(<http://www.linkedin.com/shareArticle?mini=true&url=https://fodmapfriendly.com/recipe/quesadilla/>)



(<http://www.facebook.com/sharer.php?u=https://fodmapfriendly.com/recipe/quesadilla/>)



([http://twitter.com/share?](http://twitter.com/share?url=https://fodmapfriendly.com/recipe/quesadilla/&text=Low+FODMAP+Quesadilla+)

[url=https://fodmapfriendly.com/recipe/quesadilla/&text=Low+FODMAP+Quesadilla+](http://twitter.com/share?url=https://fodmapfriendly.com/recipe/quesadilla/&text=Low+FODMAP+Quesadilla+))



[← BACK TO RECIPES](#)
 [\(HTTPS://FODMAPFRIENDLY.COM/RECIPES\)](https://fodmapfriendly.com/recipes)



**NOW HAVE FODMAP FRIENDLY
WHERE EVER YOU GO!**
 All recipes are FODMAP Friendly with certified
products



(<https://itunes.apple.com/au/app/fodmap-friendly/id1020195379?mt=8>)



(<https://play.google.com/store/apps/details?id=com.foodmap&hl=en>)

CONTACT US TODAY

All recipes are FODMAP Friendly with certified products

Name

Email Address

Message

What is 6 x 2? 

Type your answer



(<https://fodmapfriendly.com>)

Plaese Subscribe to the
FODMAP Friendly Newsletter
to be the first to



(<https://www.facebook.com/FODMAPFriendly>)



(<https://instagram.com/fodmapfriendlyfoodprogram/>)



(https://twitter.com/FODMAP_Friendly)

HOME

([HTTPS://FODMAPFRIENDLY.COM/](https://fodmapfriendly.com/))

RESOURCES

([HTTPS://FODMAPFRIENDLY.COM/FAQS/](https://fodmapfriendly.com/faqs/))

OUR PROGRAM

([HTTPS://FODMAPFRIENDLY.COM/THE-FODMAP-FRIENDLY-PROGRAM/](https://fodmapfriendly.com/the-fodmap-friendly-program/))

CONTACT US

([HTTPS://FODMAPFRIENDLY.COM/CONTACT-US/](https://fodmapfriendly.com/contact-us/))

ABOUT

([HTTPS://FODMAPFRIENDLY.COM/WHAT-ARE-FODMAPS/](https://fodmapfriendly.com/what-are-fodmaps/))

RECIPES

([HTTPS://FODMAPFRIENDLY.COM/RECIPES/](https://fodmapfriendly.com/recipes/))

BLOG

([HTTPS://FODMAPFRIENDLY.COM/BLOG/](https://fodmapfriendly.com/blog/))

☎ 03 9845 7155 (tel:03 9845 7155)

✉ info@fodmapfriendly.com
(mailto:info@fodmapfriendly.com)

📍 1st Floor, 91 Maroondah Highway
Ringwood VIC 3135

[Back to top](#) ^

© 2020 FODMAP PTY LTD | SEO Melbourne (<https://zibdigital.com.au/seo-melbourne/>) & Digital Marketing Melbourne (<https://zibdigital.com.au/digital-marketing-agency-melbourne/>) By Zib Digital (<https://zibdigital.com.au/>)



(<https://fodmapfriendly.com>)



