

Lasagna (Low FODMAP)



Discover our delectable lasagna recipe, combining low FODMAP content with a generous protein punch. Indulge in a deliciously digestible and nutritious feast that caters to your dietary needs.

Preparation 20 min

Cooking 40 min

Servings 8

Nutrition Facts (per serving)

Calories 435

Fat 12

Carbohydrates 52

Fibre 8

Protein 30

Sodium 370

Ingredients

- 900 g (approximately 2 lbs) of peeled and sliced carrots
- 15 ml (1 tablespoon) of olive oil
- 900 g (approximately 2 lbs) of extra-lean ground meat
- 15 ml (1 tablespoon) of smoked paprika
- 30 ml (2 tablespoons) of flat-leaf parsley
- 30 ml (2 tablespoons) of herbes de Provence

- 1 L (4 cups) of FODY tomato sauce
- ½ package of gluten-free lasagna noodles (about 8 lasagna noodles)
- 250 ml (1 cup) of grated Swiss cheese (optional)

Preparation

1. In a large wok, heat the oil over medium heat. Sauté the carrots in the oil for about 10 minutes. Add the ground meat. Once the meat is well-cooked, add the smoked paprika, parsley, herbes de Provence, and tomato sauce. Simmer on low heat for 30 minutes.
2. After 20 minutes of sauce cooking, bring water to a boil in a large pot. Cook the lasagna noodles for 10 minutes.
3. Preheat the oven to 350°F (180°C).
4. In a large rectangular dish, pour 1/3 of the sauce and spread 4 lasagna noodles lengthwise. Repeat the process, then pour the remaining sauce on top.
5. Sprinkle with grated Swiss cheese, if desired. Bake for 5 to 10 minutes. Then, enjoy.

Notes



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