

Kale, Millet and Strawberry Salad (Low FODMAP)



Discover the delightful Low-FODMAP Kale, Millet, and Strawberry Salad. A perfect harmony of flavors and ingredients. Enjoy a refreshing and gut-friendly experience!

Preparation 15 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 375

Fat 12

Carbohydrates 45

Fibre 10

Protein 16

Sodium 205

Ingredients

Salad

- 125 ml (½ cup) hulled millet
- 310 ml (1 ¼ cups) water
- 750 ml (3 cups) kale, finely chopped without stem
- 250 ml (1 cup) canned brown lentils, rinsed and drained

- 125 ml (½ cup) light feta cheese, crumbled
- 500 ml (2 cups) strawberries, diced
- 60 ml (¼ cup) pecans, coarsely chopped
- 125 ml (½ cup) fresh basil, chopped

Vinaigrette

- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) maple syrup
- Zest and juice of 1 lemon
- Pepper and salt to taste

Note: Drained canned legumes are lower in FODMAPs than dried legumes because the galactans and fructans they contain are water soluble and escape from the seeds.

Preparation

1. Place millet and water in a saucepan. Bring to a boil over high heat, then reduce heat to simmer. Cover and cook for 25 minutes or until grains are tender and water is absorbed. Remove from heat and let sit, covered, for 5 to 10 minutes. Cool in the refrigerator.
2. Once millet has cooled, in a large bowl, combine dressing ingredients with a fork.
3. Add remaining salad ingredients and toss.

Note: You can cook the millet ahead of time so you have cold grains to assemble the salad.

Notes

Can be kept for 3 days in the refrigerator and does not freeze.



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