



Recipes & Grocery List

FODNIGHT IN

*with*



February 18, 2021

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**SIMPLE, DELICIOUS RECIPES  
TO HELP YOU MEET YOUR  
HEALTH GOALS**



*Welcome to my  
kitchen!*



I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created healthy low FODMAP meal plans to help you meet your health goals. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

To check out more recipes with access to a customizable planner and smart grocery list, go to our website and sign up for a FREE trial of the low FODMAP plan. Not sure which plan is for you? Please reach out and we'll have a chat.

Let's get cooking!

*Jeanne*

Jeanne Petrucci, MS, RDN  
[www.livingplate.org](http://www.livingplate.org)





# Menu

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*Pecan-Crusted Salmon*

*Carrot Ginger Soup*

*Homemade Croutons*



# Pecan Crusted Salmon

Prep Time 5 mins  
Total Time 20 mins  
Meal Type Lunch,Dinner  
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 1/2 lb salmon, filets, *or other flaky fish*
- 3/4 cup pecans, raw, *chopped*
- 1 1/3 Tbs Dijon mustard
- 2 tsp thyme, dried
- salt, *to taste*
- black pepper, *to taste*
- parchment paper

## Directions

### Prep

1. Dry fish filets with paper towel.
2. Chop pecans by pulsing finely in food processor. You can also use a knife to chop.
3. Preheat oven to 350° F.
4. Line baking sheet with parchment paper.

### Make

1. Spread each filet with one teaspoon of mustard. Season with salt and pepper to taste.
2. Mix together chopped pecans and thyme.
3. Place filets on the parchment-lined baking sheet and press pecan mixture on top. Remove any loose pecan crumbs from the pan.
4. Bake for about 15-20 minutes in the lower third of your oven until fish is cooked through [the length of time will depend on the thickness of the fish]. Watch carefully and if the nuts begin to burn, cover with foil until cooking is complete.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories

335

per serving

Amount/serving

% Daily Value\*

Total Fat 20.2g

31%

Saturated Fat 3.4g

17%

Trans Fat 0.0g

Cholesterol 83mg

27%

Sodium 390mg

16%

Vitamin D 18mcg 183%

Calcium 41mg 4%

Iron 2mg 11%

Potassium 757mg 16%

Amount/serving

% Daily Value\*

Total Carbohydrates 4g

1%

Dietary Fiber 2g

8%

Total Sugars 1g

Protein 35g

\* The percent Daily Value (DV) 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.

- Show all nutrients -



# LF Roasted Carrot Ginger Soup

Prep Time 30 mins  
Total Time 45 mins  
Meal Type Lunch,Dinner,Side  
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



## Ingredients

lb,c

g,ml

- 8 large carrots, *peeled and cut into 1" rounds*
- 2 Tbs olive oil, garlic-infused
- 1/2 tsp thyme, dried plus more for garnish
- 1 Tbs ginger, *grated*
- 6 scallions, *tops only, chopped*
- 6 cup vegetable stock, low FODMAP
- salt, *to taste*
- pepper, *to taste*
- 2 Tbs pumpkin seeds, raw

## Directions

### Prep

1. Peel and cut carrots. Peel and grate the ginger.
2. Preheat oven to 375° F.

### Make

1. Line roasting pan with parchment paper and place carrots in pan.
2. Drizzle with 1 tablespoon of olive oil, toss, and roast until just browned – approximately 15–20 minutes.
3. Meanwhile, in a large soup pot, sauté scallion tops in 1 tablespoon of olive oil until soft. Add ginger and thyme and sauté for a few minutes until fragrant. Add carrots and simmer for 10 minutes.
4. Using an immersion blender or blender, purée soup. Add more stock if needed to achieve the desired thickness.
5. Season with salt and pepper. Garnish with pumpkin seeds and serve.

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Nutrition Facts

Calories

per serving

162

Amount/serving

% Daily Value\*

Total Fat 8.6g

13%

Saturated Fat 1.1g

5%

Trans Fat 0.0g

Cholesterol 0mg

0%

Sodium 1085mg

47%

Vitamin D 0mcg 0%

Calcium 77mg 7%

Iron 1mg 6%

Potassium 622mg 13%

Amount/serving

% Daily Value\*

Total Carbohydrates 20g

6%

Dietary Fiber 5g

20%

Total Sugars 9g

Protein 3g

\* The percent Daily Value (DV) 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.

- Show all nutrients -

# Quick Garlic Herb Croutons

Prep Time 5 mins  
Total Time 10 mins  
Meal Type Lunch,Dinner,Side  
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



## Ingredients

lb,c

g,ml

- 2 Schar, Gluten-Free Classic White Rolls
- 2 Tbs olive oil, garlic-infused
- 1/4 tsp oregano, dried
- 1/4 tsp basil, dried
- 1/8 tsp thyme, dried

## Directions

### Prep

1. Whisk together herbs and set aside.
2. Preheat oven to 350° F and line baking sheet with parchment paper.

### Make

1. Cut rolls into 1" cubes and place in a medium bowl.
2. Toss with olive oil and herbs. Season with salt and pepper to taste.
3. Spread on the parchment-lined baking sheet and bake for about 10-15 minutes, turning halfway through, until browned on all sides.
4. Remove from oven to cool. Enjoy immediately or store covered for up to one week.

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Grocery List

lb,c

g,ml

Dry Goods

- ☐ basil, dried, 1/4 tsp
- ☐ olive oil, garlic-infused, 4 Tbs
- ☐ pecans, raw, 3/4 cup
- ☐ salt,
- ☐ black pepper,
- ☐ oregano, dried, 1/4 tsp
- ☐ pepper,
- ☐ schar, gluten-free classic white rolls, 2
- ☐ dijon mustard, 1 1/3 Tbs
- ☐ parchment paper,
- ☐ pumpkin seeds, raw, 2 Tbs
- ☐ thyme, dried, 2 5/8 tsp

Produce

- ☐ ginger, 1 Tbs
- ☐ large carrots, 8
- ☐ scallions, 6

Meat/Fish

- ☐ salmon, filets, 1 1/2 lb

Soups, Sauces, and Gravies

- ☐ vegetable stock, low fodmap, 6 cup

**Notes:**