

## **Low FODMAP Healthy Veggie Sandwich Tray with Green Chile Spread**

**IBS Friendly   Gluten-Free   Lactose-Free   Vegetarian**

These quick and easy veggie sandwiches are layered with my all-time favorite sandwich spread – green chile lemon lactose-free cream cheese. This fresh sandwich tray is a healthy hit for brunches, a light lunch with friends, or for your game day buffet. And they're not just for FODMAPers – everyone loves them.

Please note that using fresh squeezed lemon juice for the green chile spread will add the brightest, fresh flavor.

**Makes: 10 half-sandwich triangles: 1 to 2 per person**

### **GREEN CHILE CREAM CHEESE SPREAD INGREDIENTS:**

1/3 cup (75 g) lactose-free cream cheese, soft (such as Green Valley Creamery brand)

1 can (4-ounce / 113 g) plain, mild chopped green chiles, containing no onion, garlic or other high FODMAP ingredients

5 scallions, green parts only, sliced thin

1/8 tsp fresh ground black pepper

Juice of 1/2 small lemon

### **ADDITIONAL INGREDIENTS:**

10 slices low FODMAP gluten-free sandwich bread (such as Schar brand Artisan Baker White or Multigrain)

1 medium carrot, peeled and grated

1/2 medium common cucumber, peeled and sliced into 20 thin rounds

1/2 cup shredded Romaine lettuce

### **METHOD:**

Mix the spread ingredients together in a medium mixing bowl until fully incorporated and creamy.

Arrange the bread slices on a work surface, pairing them according to similar shape and size. Using a butter knife, spread the green chile cream cheese evenly on each slice of bread.

Evenly distribute the grated carrot onto one slice of each pair, pressing the carrot gently into the spread. Place 4 cucumber slices onto the opposite slice, again pressing gently into place. Sprinkle a small amount of lettuce over the carrot slice. Press them together to form the sandwich. Repeat for remaining.

Using a serrated knife, cut each sandwich diagonally in half to form triangles. Secure with a toothpick or party skewer. Place on a serving platter and serve.

These sandwiches may be assembled earlier in the day, covered with plastic wrap and stored in the refrigerator until ready to serve.

#### **TIPS:**

Microwave the lemon for 10 seconds before squeezing to release more juices.

Use conventional cow's milk sour cream in place of lactose-free, if tolerated.

If you would like to add a protein, consider:

Thin sliced plain, smoked salmon

Thin sliced ham, containing no honey or high FODMAP ingredients

Thin sliced natural, plain turkey



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