

## **Low FODMAP Albondigas (Meatballs) Gigante Vegetarian**

### **IBS Friendly Gluten-Free Dairy-Free Vegetarian**

Whether you are following the Low FODMAP Diet or not, you will love these giant vegetarian meatless meatballs served over a light salad.

They are flavor packed with a meaty texture of brown rice, red quinoa, masa harina, almond milk, eggs, carrots, green chiles, a southwest spice mixture and more ingredients for a tender center and crusty exterior. The outer texture is achieved by coating your hands with olive oil while forming them into baseball-sized albondigas, then baking at a high temperature.

See the TIPS section at the bottom of this recipe for adding cheddar cheese, to your tolerance, along with product brands I've used.

You will need to cook the brown rice and quinoa ahead of time, so plan accordingly.

**Serves: 4**

#### **DRY INGREDIENTS:**

1 1/2 cups (270 g) cooked brown rice, cooled to room temperature

1 cup (160 g) cooked red quinoa, cooled to room temperature

1 Tbsp (6 g) masa harina

1 tsp pure mild red chile powder, containing no onion, garlic or other high FODMAP ingredients

1 tsp smoked paprika

1 tsp ground cumin

3/4 tsp fine sea salt

1/2 tsp dried oregano

1/2 tsp fresh ground black pepper

#### **WET MIX:**

1/2 cup (118 ml) plain, unsweetened almond milk

3 Tbsp tomato paste, containing no onion, garlic or other high FODMAP ingredients

2 large eggs

2/3 cup (35 g) thin sliced scallions, green parts only

1 medium (75 g) carrot, peeled and grated

1/2 cup (8 g) fine chopped cilantro leaves

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

**ADDITIONAL INGREDIENTS:**

1/2 cup (35 g) low FODMAP gluten-free panko breadcrumbs

1 Tbsp olive oil for forming and coating the albondigas

**SALAD INGREDIENTS:**

4 cups (300 g) shredded iceberg lettuce

6 small red radishes, sliced thin

1 medium (75 g) carrot, peeled and grated

1 lime cut into 8 wedges

1/3 cup (6 g) cilantro leaves

2 tsp red wine vinegar

2 tsp extra virgin olive oil

**METHOD:**

Whisk the dry ingredients in a large mixing bowl. Set aside.

In a medium mixing bowl, stir the wet mix ingredients to combine. Pour into the dry ingredients and stir well to fully incorporate.

Pour the breadcrumbs evenly over the mixture and stir to combine. Cover with a lid or plastic wrap and refrigerate for 45 minutes.

Preheat oven to 425 F / 220 C

Line a small, rimmed sheet pan with parchment paper and coat lightly with cooking oil spray.

Dip your fingers into olive oil and form the albondigas into 4 baseball-sized balls; making sure the oil coats the entire ball. Place them on the sheet pan and bake for 25 minutes.

**Family Style Assembly:** Spread the lettuce onto a serving platter. Nestle in the albondigas. Evenly distribute the radishes, grated carrot, lime wedges, cilantro leaves, oil and vinegar. Serve immediately with 4 large salad bowls, forks and knives.

**TIPS:**

If tolerated, add 1/3 cup shredded cheddar cheese to the mixture when you add the panko breadcrumbs.

Tablespoons = US Standard/Imperial 3 teaspoons per tablespoon

Albondigas will last 3 days in the refrigerator, stored in an airtight container.

**Ingredient brands for this recipe:**

RED QUINOA: Bob's Red Mill organic whole grain gluten-free

MASA HARINA: Maseca gluten-free instant corn masa

RED CHILE POWDER: Hatch, Chimayo Blend or Fernandez pure, mild red chile powder containing no onion, garlic or other high FODMAP ingredients

ALMOND MILK: Blue Diamond Almond Breeze Unsweetened Original

GREEN CHILES: canned Hatch mild chopped green chiles

GLUTEN-FREE PANKO: Ians Natural Foods, Original Gluten-Free

This recipe was assessed by Dede Wilson of FODMAPeveryday:  
[www.fodmapeveryday.com/](http://www.fodmapeveryday.com/)



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