

Low FODMAP Margarita Light with Chipotle Sugar Salted Rim

FODify It! Recipe

A favorite Santa Fe, New Mexico margarita — let's FODify It!

There is a special restaurant called Santacafe just off the main Santa Fe Plaza. Located in an historic adobe home, the inner courtyard is a beautiful, cheerful spot for a relaxing lunch or dinner.

They are known for authentic and modern interpretations of traditional regional recipes, and one very famous Chipotle Margarita.

Not only are we FODifying this sweet citrus concoction with a little kick of chipotle powder, but we're making a light version with no simple syrup or sweet liqueur.

This margarita light is made with fresh citrus, pineapple juice, silver tequila and a little maple syrup. The glass rims are coated with a sugar, salt and chipotle powder blend that offers a salty-sweet pop of chile with each sip.

A fresh, unique addition to brunches, Mother's and Father's Day lunches, happy hours, and special occasions. Cheers!

Makes: 2

INGREDIENTS:

CHIPOTLE SUGAR SALT:

2 Tblsps granulated sugar

2 Tblsps margarita salt, or a flakey coarse grain salt

1 tsp pure, ground chipotle powder containing no onion, garlic or other high FODMAP ingredients

1 lime wedge for coating the glass rims

MARGARITA:

2-ounces (60 ml) blanco (silver) tequila

1-ounce (30 ml) fresh lime juice

1-ounce (30 ml) fresh orange juice

1-ounce (30 ml) fresh pineapple juice

1-ounce (30 ml) cold water

2 tsps maple syrup, plus another tsp to your taste

ADDITIONAL INGREDIENTS:

ice

2 lime wedges and 2 circles for garnish

2 pinches red pepper flakes for garnish, optional

METHOD:

Mix the sugar, salt and chipotle powder in a small bowl. Pour it onto a small dish or flat saucer.

Prepare 2 margarita glasses (Santacafe uses highball glasses) by running a lime wedge around the rims and 1/2-inch (1.3 cm) down the outer sides, all the way around. Press the glass rims into the salt, then tip them on an angle to roll and coat the sides.

Pour the margarita ingredients into a large glass. Stir to mix. Pour the margaritas into the prepared glasses in equal amounts. Fill to the rim with ice. Garnish with lime wedges and circles, and a pinch of red pepper flakes on top if desired. Serve immediately. Cheers!

TIPS:

Tablespoons are US/Imperial 3 teaspoons per

If fresh pineapple juice is not available, open a can of pineapple rings, use the can juice and later chop up the rings to make a salsa. When shopping for bottled pineapple juice, be sure to read the label for apple juice or other high FODMAP ingredients.

When squeezing fresh citrus, place them one at a time in the microwave for 10 seconds, then squeeze. This will allow them to release more juices.

Santacafe is not a low FODMAP restaurant, however, they do offer a Caesar Salad with grilled chicken breast (ask for plain with s&p) that may be ordered with oil and vinegar in place of Caesar dressing, and no croutons. When I last checked, they do not offer gluten-free bread, but corn tortillas may be ordered to wrap a sandwich or the Cheddar Burger sans the chile aioli that contains garlic. All to you personal tolerances, of course.

Note: Monash advises that alcohol is an irritant to the gut. A limited intake is advised and only consume alcohol with food.



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