

Low FODMAP Poblano Pepper Tenders – Air Fryer Method

Gluten-Free Dairy-Free Vegetarian IBS Friendly

Crispy, healthy and buttery aromatic – Poblano Tenders cooked in an air fryer are a delicious addition to your menu as an appetizer, side dish, or for snacking. I also like to plate steaks and omelets with two tenders criss-crossed over the tops, or as a base for Eggs Benedict in place of wheat flour English muffins.

Poblanos are known for their mild, buttery chile flavor and thick chile meat that holds up just like a chicken tender. They are also an excellent source of vitamins C and A, soluble fiber, and they contain no cholesterol. While they are a mild chile, I have found that 1 in 20 or so has medium to medium-high heat (spiciness), so it's best to taste to determine if they are mild or if you've got a hot one.

Monash University has tested Poblanos to be low in FODMAPs at 1 medium (97 g) pepper per serving, and 3 1/2 peppers (340 g) are moderate. If you do not have the Monash FODMAP Smartphone App, I highly suggest that you get it for test results and new food listings. You basically have the world's largest database of FODMAP tested ingredients in the palm of your hand, which makes me feel like Wonder Woman at the grocery store.

Serves: 3 to 4

INGREDIENTS:

3 large (130 g each) or 4 medium size (97 g each) fresh poblano peppers

Cooking oil spray

Dredging Station Ingredients:

1 cup (75 g) gluten-free low FODMAP flour (such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour) whisked with 1/4 teaspoon salt and 1/8 teaspoon fresh ground black pepper

2 large eggs, beaten

1 cup (100 g) gluten-free plain panko breadcrumbs, plus more if needed

METHOD:

Wash the poblanos under cool water. Roast them to char and remove the skins, stems, and seeds. Tap [HERE](#) for chile roasting step-by-step instructions with photos at FODifyIt.com.

Cut the chile fillets into 1-inch wide strips.

Coat the air fryer grill pan with cooking spray.

Set up your dredging station in 3 medium-size bowls. Coat each chile strip with the flour mixture, then eggs and finally the panko. Place them on the grill grate, lightly coat the tops with cooking oil spray, and place in the air fryer.

Cook on French Fry mode for 4 minutes. Using metal tongs, turn the tenders over, place back in the fryer and cook for 4 minutes until golden and crispy.

Transfer to a platter. Serve immediately.

TIPS:

For a fresh dip, mix together: 1 tub (125 g) plain low FODMAP coconut-based yogurt with the zest of 1 lime and a small handful of fresh cilantro, minced. If tolerated, use lactose-free sour cream such as Green Valley Creamery brand.

Fody Foods Unsweetened Chipotle BBQ Sauce at 2 Tblsp (32 g) per serving also pairs nicely.

Poblano tenders are best eaten the day of cooking. When stored in an airtight container, they will keep in the refrigerator for up to 2 days and can be crisped up again in the air fryer.

Monash Note About Chiles: Although chiles are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural ingredient compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.

If you have questions or a dish suggestion for FODify It! please write to us via our contact page at www.fodifyit.com



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