

Low FODMAP Southwest Papaya Carpaccio with Tortilla Chips

Low FODMAP Gluten-Free Dairy-Free IBS Friendly

We're still getting papayas and that means papaya snacks, salads and appetizers for days. Good news for sensitive tummies -- papayas have been tested to contain low levels of FODMAPs. Plus, they're a great source for vitamins A, C and D, potassium, and antioxidants.

Here's a quick and easy snack or appetizer recipe. So simple and fresh!

Makes 1 serving.

INGREDIENTS:

1/2 cup thin sliced papaya, peeled and deseeded
Juice of 1/4 lime
1/2 tsp extra virgin olive oil
1 chive thread, minced
Pinch black pepper
4 gluten-free corn tortilla chips

METHOD:

Arrange or fan out the sliced papaya on a serving dish. Drizzle with lime juice and olive oil. Sprinkle with minced chives and pepper. Serve with tortilla chips on the side.

Option: garnish with two delicate, paper-thin slices of fresh jalapeno.

Papayeah!

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



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