



# FAST AND FRESH RECIPES

There's no one-size-fits-all eating approach for managing IBS-C and CIC. This collection includes recipes that are high in fiber and recipes that may be appropriate for those exploring a low-FODMAP diet (per the recommendation of a health professional). If the symptoms of your constipation are sudden or last for a short time, it may be occasional constipation. If the symptoms keep coming back and seem to last for a long time, it may be chronic constipation. It's important to talk to your doctor about your experience and decide what diet, and if any medication, may potentially be right for you.



## High Fiber

Increasing fiber, particularly the soluble fiber in oats, beans, nuts, and apples, may help with constipation. Incorporating these recipes can help you increase your fiber intake gradually.



## Low FODMAP

For some people, following a low-FODMAP diet—under the supervision of a healthcare provider—improves gastrointestinal symptoms. The acronym FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. These are types of carbohydrates that are not completely absorbed in the gut and can be broken down by gut bacteria through a process called fermentation. A low-FODMAP diet limits hard-to-digest carbohydrates, including beans; certain types of fruits and vegetables; most types of dairy and large amounts of cereal grains, like wheat and rye. Low-FODMAP eating emphasizes lean proteins, healthy fats, easier-to-process fruits and vegetables, and gluten-free grains.

Recipes are provided for informational purposes only. Always seek the advice of your healthcare provider to determine what diet is best for your individual needs.



# RASPBERRY-PEACH-MANGO SMOOTHIE BOWL

This tasty smoothie recipe is a gateway to the smoothie-bowl craze. Use whatever fruit, nuts, and seeds you like best to make it your own. Be sure to use frozen fruit in Step 1 to yield a creamy, frosty base for the toppings.

**Makes:** 1 serving

**Active Time:** 10 minutes

**Total Time:** 10 minutes

## Recipe Ingredients:

- 1 cup frozen mango chunks
- 3/4 cup nonfat plain Greek yogurt
- 1/4 cup reduced-fat milk
- 1 teaspoon vanilla extract
- 1/4 ripe peach, sliced
- 1/3 cup raspberries
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1/2-1 teaspoon chia seeds



## Recipe Steps:

1. Combine mango, yogurt, milk, and vanilla in a blender. Puree until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut, and chia seeds to taste.

---

## Recipe Nutrition:

**Per serving:** 374 calories; 10 g fat (5 g sat, 3 g mono); 13 mg cholesterol; 50 g carbohydrate; 40 g total sugars; 24 g protein; 8 g fiber; 94 mg sodium; 864 mg potassium.

---

# MOROCCAN-STYLE STUFFED PEPPERS

Aromatic savory-and-sweet stuffed peppers are a satisfying supper, thanks to lean beef, brown rice, and bell pepper in each bite. Serve with spinach sautéed with olive oil and garlic.

**Makes:** 4 servings

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Recipe Ingredients:

- 1 8- to 10-ounce bag microwavable brown rice or 1 2/3 cups cooked brown rice
- 4 medium-to-large bell peppers, tops cut off and seeded
- 1 pound lean (90% or leaner) ground beef
- 4 cloves garlic, minced
- 1/2 cup currants
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 1/2 cups low-sodium vegetable juice, divided
- 1/4 cup chopped fresh mint, plus more for garnish
- 1 teaspoon freshly grated orange zest
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper



## Recipe Steps:

1. Heat rice according to package directions. (If using cooked rice, skip to Step 2.)
2. Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add 1/2 inch water to the dish and cover with a lid or inverted dinner plate. Microwave on High until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.
3. Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in currants, cumin, and cinnamon; cook for 1 minute. Stir in the rice and cook for 30 seconds more. Remove from the heat and stir in 1/2 cup vegetable juice, 1/4 cup mint, orange zest, salt, and pepper.
4. Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on High until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.

## Recipe Nutrition:

**Per serving:** 451 calories; 12 g fat (4 g sat, 4 g mono); 87 mg cholesterol; 48 g carbohydrate; 22 g total sugars; 36 g protein; 8 g fiber; 629 mg sodium; 1,410 mg potassium.



# LEMONY SHRIMP LINGUINE

Packed with pasta, shrimp, and vegetables, this easy recipe is a complete meal.

**Makes:** 6 servings

**Active Time:** 15 minutes

**Total Time:** 30 minutes

## Recipe Ingredients:

- 12 ounces whole-wheat linguine
- 4 tablespoons olive oil, divided
- 1/3 cup fresh lemon juice, plus 1 tablespoon lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 1/2 pounds peeled and deveined shrimp
- 1 bulb fennel, cored and thinly sliced
- 1/2 sweet onion, thinly sliced
- 3 garlic cloves, sliced
- 1/2 cup chopped pitted Kalamata olives
- 1/2 cup fresh parsley, chopped



## Recipe Steps:

1. Bring a pot of lightly salted water to a boil. Add linguine and cook until al dente, about 9 minutes.
2. Meanwhile, in a small bowl, whisk 2 tablespoons oil, lemon juice, lemon zest, salt, and pepper. Set aside.
3. Heat 1 tablespoon oil in a large skillet over medium heat. Add shrimp, sauté 1 minute; flip and sauté until just cooked, 1 to 2 minutes more. Remove to a plate. Add the remaining 1 tablespoon oil to the pan; stir in fennel and onion. Cook, stirring, until softened, about 7 minutes. Add garlic; cook, stirring, for 1 minute. Stir in the reserved oil lemon mixture. Bring to a simmer and cook for 1 minute.
4. Remove the cooked pasta from the pot with tongs and add to the mixture in the pan, along with 1 cup of the pasta water, the cooked shrimp, and olives. Bring to a simmer and cook for 1 minute. Stir in parsley. Serve immediately.

---

## Recipe Nutrition:

**Per serving:** 402 calories; 14 g fat (2 g sat); 168 mg cholesterol; 49 g carbohydrate; 27 g protein; 9 g fiber; 582 mg sodium.



# FISH TACO WRAPS

Meaty halibut is at the heart of these simple taco wraps. Ancho chili powder offers a mild flavor. If you want more spice, opt for regular chili powder. If spice seems to bother you, skip it altogether.

**Makes:** 4 servings

**Active Time:** 10 minutes

**Total Time:** 20 minutes

## Recipe Ingredients:

- 1 pound skinless halibut fillets, 1/2 to 3/4 inch thick
- Olive oil cooking spray
- 1 teaspoon ancho chile powder or regular chili powder
- 1/4 cup light sour cream
- 1/4 cup fruit salsa
- 2 cups shredded cabbage with carrot (coleslaw mix)
- 4 whole-wheat tortillas
- Lime wedges (optional)



## Recipe Steps:

1. Preheat broiler. Rinse fish; pat dry with paper towels. Measure thickness of the fish fillets. Lightly coat the unheated rack of a broiler pan with cooking spray. Place the fish on the rack. Sprinkle with chile powder. Broil 4 to 5 inches from the heat until the fish flakes easily when tested with a fork, 4 to 6 minutes per 1/2-inch thickness. Set the fish aside to cool slightly. Using a fork, flake the fish into bite-size pieces.
2. Meanwhile, in a medium bowl, stir together sour cream and salsa. Add coleslaw mix; toss to coat. Divide the cabbage mixture among tortillas, top with fish. Roll up tortillas. Serve with lime wedges, if desired.

---

## Recipe Nutrition:

**Per serving:** 294 calories; 7 g fat (2 g sat, 1 g mono); 40 mg cholesterol; 21 g carbohydrate; 5 g total sugars; 32 g protein; 11 g fiber; 450 mg sodium.

---



## PORK CHOPS ON GREENS WITH SOY, LIME, & GINGER

Even though the soak time is just 20 minutes, these chops pick up major flavor from the marinade. You can cut the crushed red pepper if spice seems to exacerbate your symptoms.

**Makes:** 4 servings

**Active Time:** 20 minutes

**Total Time:** 40 minutes

### Recipe Ingredients:

- 4 6- to 7-ounce bone-in pork chops (about 1/2 inch thick), trimmed
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons lime juice
- 2 tablespoons sugar
- 1 tablespoon canola oil
- 1 tablespoon cider vinegar
- 2 to 3 teaspoons grated fresh ginger
- 1/4 teaspoon crushed red pepper
- 4 cups mixed spring greens
- 1/2 cup chopped fresh cilantro



### Recipe Steps:

1. Place pork chops in a 3-quart rectangular baking dish. In a small bowl, whisk together soy sauce, lime juice, sugar, oil, vinegar, ginger, and crushed red pepper. Spoon 2 tablespoons of the mixture over the pork and turn several times to coat. Cover the dish and let stand 20 minutes at room temperature, turning occasionally.
2. Preheat a charcoal or gas grill.
3. Place the remaining soy sauce mixture in a small saucepan. Bring to a boil. Continue boiling, gently, until reduced to 1/4 cup, 1 to 2 minutes; set aside.
4. Grill the chops on the rack of a covered grill directly over medium heat until just slightly pink in the center (145°F), about 3 minutes per side, turning once.
5. Place greens on a serving platter; top with the pork and drizzle with the reduced soy sauce mixture. Sprinkle with cilantro.

---

### Recipe Nutrition:

**Per serving:** 259 calories; 8 g fat (2 g sat); 93 mg cholesterol; 11 g carbohydrate; 9 g total sugars; 33 g protein; 1 g fiber; 614 mg sodium; 591 mg potassium.

---



# CLASSIC SESAME NOODLES WITH CHICKEN

Classic sesame noodles become a complete meal with lean chicken and tons of veggies in this quick recipe. Be sure to rinse the spaghetti until it's cold, then give it a good shake in the colander until it's well drained. Are you a spiralizing pro? Swap 5 cups of raw zucchini, carrot, or other veggie "noodles" for the cooked pasta.

**Makes:** 4 servings

**Serving Size:** 1<sup>3</sup>/<sub>4</sub> cups

**Active Time:** 20 minutes

**Total Time:** 20 minutes

**To Make Ahead:** Refrigerate sauce and noodle mixture separately for up to 1 day; toss together before serving.

## Recipe Ingredients:

- 8 ounces whole-wheat spaghetti
- 3 tablespoons toasted (dark) sesame oil
- 2 scallions, chopped
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh ginger
- 1 teaspoon brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons ketchup
- 8 ounces cooked boneless, skinless chicken breast, shredded
- 1 cup julienned carrots
- 1 cup sliced snap peas
- 3 tablespoons toasted sesame seeds



## Recipe Steps:

1. Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse, and transfer to a large bowl.
2. Combine sesame oil, scallions, garlic, ginger, and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas, and sesame seeds; gently toss to combine.

---

## Recipe Nutrition:

**Per serving:** 460 calories; 17 g fat (3 g sat, 6 g mono); 48 mg cholesterol; 53 g carbohydrate; 7 g total sugars; 29 g protein; 9 g fiber; 407 mg sodium; 478 mg potassium.

# CHICKEN, TOMATO & CUCUMBER DINNER SALAD

This simply delicious dinner salad makes a perfect weeknight supper.



**Makes:** 4 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

## Recipe Ingredients:

- 5 tablespoons olive oil, divided
- 1 to 1 1/4 pounds chicken tenders
- 1/4 teaspoon salt, plus more to taste
- 1/4 teaspoon ground pepper, plus more to taste
- 1/4 cup cider vinegar or white-wine vinegar
- 1 tablespoon snipped fresh thyme
- 1 teaspoon sugar
- 1 medium cucumber, cut in thin ribbons
- 2 tomatoes, sliced
- 1/2 cup pitted green olives, halved and/or sliced
- 4 ounces feta cheese (optional)



## Recipe Steps:

1. Heat 1 tablespoon oil in large skillet over medium heat. Lightly sprinkle chicken with salt and pepper to taste. Add the chicken to the pan and cook, turning once, until no pink remains, 8 to 10 minutes.
2. In a screw-top jar, combine the remaining 4 tablespoons oil, vinegar, thyme, sugar, and 1/4 teaspoon each salt and pepper; shake to combine.
3. On 4 dinner plates, arrange chicken, cucumber ribbons, sliced tomatoes, olives, and feta (if using). Drizzle the vinaigrette over the salads.

---

## Recipe Nutrition:

**Per serving:** 336 calories; 23 g fat (3 g sat, 15 g mono); 73 mg cholesterol; 7 g carbohydrate; 4 g total sugars; 25 g protein; 2 g fiber; 569 mg sodium; 700 mg potassium.



# EDAMAME HUMMUS WRAP

Made with protein-rich edamame instead of chickpeas, this easy hummus recipe is the perfect vegetarian filling for a grab-and-go wrap. Or double the recipe and use the hummus for a tasty snack with cut-up vegetables.



**Makes:** 4 servings

**Active Time:** 35 minutes

**Total Time:** 35 minutes

**To Make Ahead:** Refrigerate hummus (Step 1) for up to 3 days

## Recipe Ingredients:

- 12 ounces frozen shelled edamame (about 2 1/4 cups), thawed
- 4 tablespoons lemon juice, divided
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons tahini
- 1 large clove garlic, chopped
- 1/2 teaspoon ground cumin
- 3/4 teaspoon ground pepper, divided
- 1/2 teaspoon salt
- 2 cups very thinly sliced green cabbage
- 1/2 cup sliced orange bell pepper
- 1 scallion, thinly sliced
- 1/4 cup chopped fresh parsley
- 4 8- to 9- inch spinach or whole-wheat tortillas



## Recipe Steps:

1. Combine edamame, 3 tablespoons lemon juice, 2 tablespoons oil, tahini, garlic, cumin, 1/2 teaspoon pepper, and salt in a food processor. Pulse until fairly smooth.
2. Whisk the remaining 1 tablespoon each lemon juice and oil with the remaining 1/4 teaspoon pepper in a medium bowl. Add cabbage, bell pepper, scallion, and parsley; toss to coat. Spread about 1/2 cup of the edamame hummus across the lower third of each tortilla and top with about 1/2 cup of the cabbage mixture. Roll closed. Cut in half to serve, if desired.

---

## Recipe Nutrition:

**Per serving:** 339 calories; 20 g fat (3 g sat, 11 g mono); 0 mg cholesterol; 35 g carbohydrate; 4 g total sugars; 14 g protein; 8 g fiber; 480 mg sodium; 641 mg potassium.

---



# PASTA WITH TOMATOES & CHICKPEAS

Fresh tomatoes and chickpeas (aka garbanzo beans) give this easy vegetarian main dish extraordinary flavor.

**Makes:** 2 servings

**Active Time:** 25 minutes

**Total Time:** 25 minutes

## Recipe Ingredients:

- 1 teaspoon olive oil
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper
- 2 1/3 cups chopped tomatoes, divided
- 3/4 cup chickpeas, rinsed and drained, divided
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper, plus more to taste
- 4 ounces whole-wheat linguine, fettuccine, or rigatoni
- 1 tablespoon crumbled feta cheese
- Fresh rosemary sprigs (optional)



## Recipe Steps:

1. Heat oil in a medium saucepan. Add onion, garlic, cumin, and crushed red pepper and cook until the onion is tender, about 5 minutes. Stir in 2 cups chopped tomatoes, 1/2 cup chickpeas, salt, and pepper. Cover and bring to a boil over medium heat; reduce heat. Simmer, covered, for 5 minutes, stirring occasionally. Remove from the heat.
2. Carefully transfer the tomato mixture to a blender or food processor. Cover and blend or process until smooth. Return all to the pot. Stir in the remaining 1/4 cup chickpeas. Cook and stir over low heat until the sauce is heated through.
3. Meanwhile, cook pasta according to package directions; drain. To serve, toss the hot pasta with the sauce. Divide the mixture between 2 serving plates. Top with the remaining 1/3 cup chopped tomatoes and feta. Sprinkle with pepper. If desired, garnish with rosemary sprigs.

---

## Recipe Nutrition:

**Per serving:** 384 calories; 6 g fat (1 g sat); 4 mg cholesterol; 69 g carbohydrate; 20 g protein; 10 g fiber; 641 mg sodium.

# SKEWERED ZUCCHINI & YELLOW SQUASH

Add these side-dish kebabs to the grill when you're cooking your meat or chicken to round out your meal with a nutritious, flavorful side.



**Makes:** 8 servings

**Active Time:** 15 minutes

**Total Time:** 30 minutes

## Recipe Ingredients:

- 5 medium zucchini and/or yellow summer squash
- 1 1/2 teaspoons dried oregano, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon olive oil



## Recipe Steps:

1. Wash and dry squash thoroughly. Slice off both ends of each squash and discard. Cut each squash in half lengthwise. Cut each half crosswise into 2-inch segments (you should have 3 to 4 segments per half).
2. Place the squash in a large sealable plastic bag. In a small bowl, combine oregano, salt, and pepper; pour over the squash in the bag. Seal the bag; shake to coat the squash. Add oil to the bag. Seal the bag; turn to coat the squash.
3. Thread the squash pieces onto eight 10- to 12-inch skewers, leaving a 1/4-inch space between pieces. Place the skewers on the grill rack directly over medium hot coals. Grill until tender, 12 to 15 minutes, turning occasionally to brown evenly. Serve warm.

---

## Recipe Nutrition:

**Per serving:** 35 calories; 2 g fat (0 g sat); 0 mg cholesterol; 4 g carbohydrate; 1 g protein; 1 g fiber; 158 mg sodium.

---