

Low FODMAP Salmon Mason Jar Salad with Tangy Mustard Dressing

Layers of omega-3 rich salmon, crisp vegetables, and zesty mustard dressing create the ultimate portable low FODMAP lunch that stays fresh for days.

Prep: 20 min

Cook: 15 min

Total: 35 min

Servings: 1

Low FODMAP ✓

Ingredients

Fresh or canned salmon works well; ensure it's cooled before assembling 200g cooked salmon fillet, flaked

Extra virgin olive oil provides the best flavor for the dressing 60ml olive oil

Can substitute with rice vinegar or lemon juice 30ml white wine vinegar

Check label to ensure no high-FODMAP additives like garlic, onion, or honey; pure mustard is safe 15ml Dijon mustard

Pure maple syrup is low FODMAP in small amounts 5ml maple syrup

Cherry tomatoes are lower in FODMAPs than regular tomatoes; safe at this portion 75g cherry tomatoes, halved

Cucumber is unrestricted on the low FODMAP diet 80g cucumber, diced

Carrots are unrestricted on the low FODMAP diet 60g carrots, julienned or shredded

All leafy greens are low FODMAP; use your favorites 60g mixed salad greens

Low FODMAP up to 20g per serving, adds crunch and nutrition 15g pumpkin seeds

Season the dressing and salmon to your preference Salt and freshly ground black pepper to taste

Instructions

Step 1: Prepare the Mustard Dressing

(5 min)

In a small bowl, whisk together the olive oil, white wine vinegar, Dijon mustard, and maple syrup until the mixture is smooth and emulsified. Season with a pinch of salt and freshly ground black pepper to taste. The dressing should have a balanced tangy-sweet flavor that will complement the richness of the salmon.

Step 2: Cook the Salmon

(15 min)

If using fresh salmon, season the fillet with salt and pepper, then cook it in a non-stick pan over medium heat for about 4-5 minutes per side, or until it flakes easily with a fork and reaches an internal temperature of 63°C (145°F). Alternatively, bake at 200°C (400°F) for 12-15 minutes. Allow the salmon to cool completely, then flake it into bite-sized pieces. If using canned salmon, simply drain and flake it.

Step 3: Prepare the Vegetables

(10 min)

While the salmon cools, wash and prepare all your vegetables. Halve the cherry tomatoes, dice the cucumber into small cubes, and julienne or shred the carrots into thin strips. Rinse the salad greens and pat them completely dry with paper towels or a salad spinner—any excess moisture will make your salad soggy.

Step 4: Layer the Mason Jar

(3 min)

Start with a clean, dry mason jar (at least 500ml capacity). Pour the mustard dressing into the bottom of the jar first—this is crucial as it prevents the greens from wilting. Next, add the sturdier vegetables: layer the cherry tomatoes, followed by the cucumber and carrots. These vegetables can sit in or near the dressing without becoming soggy.

Step 5: Add Protein and Toppings

(2 min)

Add the flaked salmon on top of the vegetables, spreading it in an even layer. Sprinkle the pumpkin seeds over the salmon for added crunch and nutrition. These ingredients form a protective barrier between the dressing and the delicate greens.

Step 6: Finish with Greens and Store

(2 min)

Finally, pack the mixed salad greens into the top of the jar, pressing them down gently to fit. The greens should fill the jar to just below the rim. Seal the jar tightly with the lid. Store in the refrigerator for up to 4 days. The strategic layering keeps everything fresh and crisp until you're ready to eat.

Step 7: Serve and Enjoy

(1 min)

When ready to eat, you have two options: either shake the jar vigorously to distribute the dressing throughout the salad and eat directly from the jar, or pour the entire contents into a large bowl and toss to combine. The dressing will coat everything perfectly, creating a delicious, satisfying meal that's as nutritious as it is convenient.