

# Low FODMAP Orange Miso Roasted Vegetable & Lentil Salad

*A vibrant Asian-inspired salad featuring caramelized roasted vegetables, tender lentils, and a tangy orange miso dressing that'll have you reaching for seconds.*

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

Low FODMAP ✓

## Ingredients

**Choose firm, fresh carrots for best roasting results** 200g carrots, peeled and cut into 2cm chunks

**Pat dry before roasting to ensure caramelization** 100g zucchini, cut into 2cm chunks

**Red peppers are sweeter and lower FODMAP than green** 100g red bell pepper, cut into 2cm chunks

**Canned lentils are low FODMAP at 1/2 cup (120g) per serving; this recipe serves 4** 240g canned lentils, drained and rinsed

**Divided: 2 tbsp for roasting, 1 tbsp for dressing. Must be garlic-infused, not fresh garlic** 3 tablespoons garlic-infused olive oil

**CRITICAL: Check label carefully for added garlic or onion powder, which are high FODMAP** 2 tablespoons white miso paste

**About 1 medium orange, freshly squeezed** 60ml fresh orange juice

**Adds acidity to balance the sweet orange and savory miso** 1 tablespoon rice vinegar

**Small amount is low FODMAP; use microplane for best results** 1 teaspoon fresh ginger, finely grated

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**Pure maple syrup is low FODMAP; balances the dressing** 1 tablespoon maple syrup

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**Added at the end to wilt slightly from residual heat** 60g baby spinach leaves

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**For garnish; toast in dry pan for enhanced flavor** 2 tablespoons toasted sesame seeds

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**Use ONLY green tops, not white bulbs which are high FODMAP** 2 tablespoons sliced spring onion greens only

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**Season vegetables before roasting and adjust dressing as needed** Salt and black pepper to taste

## Instructions

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### Step 1: Prepare and Roast the Vegetables

(35 min)

Preheat your oven to 200°C (400°F) and line a large baking sheet with parchment paper. Toss the chopped carrots, zucchini, and red bell pepper with 2 tablespoons of garlic-infused olive oil, salt, and pepper until evenly coated. Spread them in a single layer on the prepared baking sheet, ensuring they're not crowded so they caramelize rather than steam. Roast for 25-30 minutes, flipping halfway through, until the vegetables are tender and golden brown at the edges.

### Step 2: Make the Orange Miso Dressing

(5 min)

While the vegetables roast, whisk together the white miso paste, fresh orange juice, rice vinegar, grated ginger, maple syrup, and remaining 1 tablespoon of garlic-infused olive oil in a small bowl. The miso may be thick at first, but keep whisking until you achieve a smooth, pourable consistency. Taste and adjust the seasoning, adding a pinch of salt if needed, though the miso is naturally salty.

### Step 3: Prepare the Lentils

(3 min)

Rinse the canned lentils thoroughly under cold water and drain them well. Pat them dry with a clean kitchen towel to remove excess moisture, which helps them absorb the dressing better. fodmapdiets.com/recipes/low-fodmap-orange-miso-roasted-vegetable-lentil-salad  
Transfer the lentils to a large mixing bowl and set aside.

## Step 4: Combine the Salad

(5 min)

Once the vegetables are roasted and slightly cooled (about 5 minutes), add them to the bowl with the lentils. Pour the orange miso dressing over the warm vegetables and lentils, then toss everything together gently but thoroughly. The warmth of the vegetables will help the dressing coat everything beautifully.

## Step 5: Add Fresh Elements and Serve

(3 min)

Add the baby spinach leaves to the salad and toss gently until they begin to wilt slightly from the residual heat. Transfer the salad to a serving platter or individual bowls. Garnish generously with toasted sesame seeds and sliced spring onion greens. Serve warm or at room temperature. This salad can be refrigerated for up to 3 days and is delicious cold as well.