

Bacon, Lime & Roast Pumpkin Salad



9 Ingredients, 6 serves ,30 Minutes Total Time

3 cups Japanese Pumpkin (cut into cubes)
1 lime (juiced)
3 spring onions (chopped)
225 grams bacon (diced)
1 pinch red pepper flakes
1 pinch ground cinnamon*
2 tablespoons oil*
1/2 cup dill (fresh) (chopped)
2 tablespoons balsamic vinegar

Instructions

- Preheat the oven to 375°F (190°C).
- Line a rimmed baking sheet with foil and lay the bacon flat on the sheet. Bake for 15 to 20 minutes, until the bacon is slightly crispy. Leave to cool then roughly chop.
- In a lined roasting pan, toss the pumpkin cubes in oil and roast for about 20 minutes or until slightly browned.
- NOTE: Add 3 cloves of chopped or minced garlic to the potatoes if you are not on the FODMAPS or SIBO protocols.
- While the sweet potatoes are roasting, whisk together the lime juice, 2T oil and balsamic vinegar to make the dressing.
- Toss in spring onions, dill, red pepper flakes, cinnamon, and season to taste, mixing well.
- Once sweet potatoes are finished cooking, toss them together with the dressing and bacon.

Warnings

****JAPANESE PUMPKIN:** SIBO phase 1 allows 1 veg serve per meal, 1/4 cup pumpkin = one serve. SIBO phase 2 allows 1/2 cup per meal, and 1-2 veg servings per day.

****SPRING ONIONS:** Use the GREEN part only for SIBO phase 1 & FODMAP Diets

****OIL*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

****BALSAMIC VINEGAR:** (must be sugar free to ensure SCD compliance)

Nutritional Information (per serving)

Calories	270
Total Fat	18g
Saturated Fat	6g
Cholesterol	41mg
Sodium	648mg
Total Carbohydrate	7g
Dietary Fibre	1g
Sugars	3g
Protein	15g
Calcium	30mg
Iron	1mg
Magnesium	23mg
Phosphorus	232mg
Potassium	457mg
Vitamin C	11mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg