



Tyramine-Free Sample Recipe

Looking for new, tasty and safe easy-to-make tyramine-free recipes designed to please every member of your family? Each featured monthly FD NOW recipe has been made from scratch, and has been sampled in our kitchens by at least one person with FD with no adverse side effects. A picture of the actual dish made in our kitchens appears below.

Chicken Pot Pie Casserole

from Ken Slaw (Illinois)

Pot Pie is a hearty stick-to-your ribs dish that mixes protein, carbohydrates and fat. Traditionally eaten as comfort food during the winter months, you can start a family tradition by serving Pot Pie year-round. Pot Pie has an ideal consistency for those that prefer a softer diet.



Ingredients

3 T butter (check expiration date to ensure freshness)	3 T flour
2 cups homemade vegetable stock*	
1-2 cooked chicken breasts (fresh, seasoned only with salt and pepper), diced	
1 cup fresh carrots, diced or shredded	1 cup yellow zucchini, diced
1 vidalia onion, diced	2-3 small potatoes, half-cooked and diced
Salt and pepper to taste	
2 cups Bisquick	1 cup rice milk (Rice Dream Classic)
2 fresh eggs (check expiration date to ensure freshness)	

Directions

In a medium saucepan, melt butter on low heat. Add flour, stirring continuously for 5 minutes. Add homemade vegetable stock and stir. Bring almost to a boil then add chicken, carrots, zucchini, onion and potatoes. Mix well then reduce heat to low and let simmer for 5 minutes. Season with salt and pepper. Pour contents into greased 9 x 13 baking dish and spread evenly. Set aside. In a mixing bowl, combine Bisquick, rice milk, and eggs. Pour Bisquick mixture evenly over mixture in casserole dish. Bake at 400 degrees for 30 minutes. After pan cools, cut into squares and enjoy. Wrap, label, date, and freeze leftovers. Take frozen on ice and reheat when ready to eat!

Notes

*Most store-bought stock contains MSG, autolyzed yeast (old yeast) or “spices.” Avoid these tyramine-containing ingredients by making your own homemade vegetable stock. Fill large pot with water and add cut yellow zucchini, carrots, garlic, onion, and yellow pepper. (Avoid vegetables with darker skin such as green zucchini, red and green pepper.) Cover, bring to boil, then simmer 3-5 hours. Cool. Ladle into 2-3 cup plastic containers and label, date and freeze. Provides a great base for lots of recipes.