



## 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.

### Mashed Acorn and Butternut Squash

from Ann Slaw (Illinois)

Late fall is the perfect time to enjoy your favorite type of squash. Mashed squash has a similar consistency to mashed potatoes and is the ideal consistency for those that prefer a softer diet.



### Ingredients

- 1 acorn squash
- 1 butternut squash
- 4 pats butter (check expiration date to ensure freshness)
- 4 tsp brown sugar

### Directions

Cut acorn and butternut squash lengthwise in half. With a grapefruit spoon, dig out the seeds and string. Fill each half with 1 generous pat of butter and 1 tsp of brown sugar. Place each half on a baking sheet and bake at 375 for about 1 hour in a preheated oven. Remove from oven and cool. With grapefruit spoon, dig out squash meat while mashing in the melted butter and brown sugar. Scoop mashed squash into a bowl and enjoy! Place remainder in plastic containers, label, date, and freeze leftovers. Take frozen on ice and reheat when ready to eat!

