



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.

"Momlette"

from Ann Slaw (Illinois)

This quick and easy-to-prepare dish provides much-needed protein and iron to those with FD. Delicious any time of the day or night, “momlettes” are the ideal texture for those that prefer a softer diet.



Ingredients

(check expiration date to ensure freshness)

- 2 tbsp butter
- 2 eggs
- ¼ cup rice milk (Rice Dream Classic recommended)
- 2 pieces of sliced American cheese (e.g. Kraft)

Directions

Put butter in a non-stick frying pan on medium heat. In mixing bowl, crack eggs and add rice milk. Whisk for 1-2 minutes, until mixture appears bubbly. To add additional bubbles, use a frother. Pour mixture into frying pan. As mixture heats, pull up sides of “momlette” with a spatula, tipping pan so all liquid runs into crevices and is heated and cooked. Once most of the liquid is cooked, tear each piece of cheese into three strips and place on one side of “momlette” without overlapping the cheese strips. Take spatula and fold the non-cheese side on top of the cheese side. Press the spatula down on top of the “momlette,” which helps to melt the cheese and any remaining liquid. Once cheese begins oozing from the “momlette,” remove from heat and slide “momlette” on plate. Season with salt and pepper and enjoy!