



## 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.

### Salmon Risotto with Yellow Zucchini and Onion

from Ann Slaw (Illinois)

This easy-to-prepare rice dish features a perfect blend of carbohydrates and protein. Its creamy texture is ideal for those that prefer a softer diet.



### Ingredients

2 tbsp. butter (check expiration date to ensure freshness)  
1 small onion or 1 small bunch of scallions, finely sliced  
1 yellow zucchini, chopped  
1 cup Italian rice (risotto)  
3 cups boiling homemade vegetable stock (see Notes section below)  
1 lb. salmon, skinned and diced (buy fresh or frozen, check expiration date to ensure freshness)  
Salt and pepper

### Directions

Put butter in a ceramic cooking pot (aka slow cooker or “Crock Pot”) and turn temperature to high. Leave to melt for 15 minutes, then stir in the onions and zucchini. Cover and cook for 30 minutes. Add the rice to the pot and stir, then pour in the boiling stock. Cover and cook for 45 minutes, stirring once halfway through cooking. Stir the diced salmon into the risotto and season with salt and pepper. Cook for a further 15 minutes or until the rice is tender and the salmon just cooked. Switch off the slow cooker and leave the risotto to stand for 5 minutes. Spoon into bowl or plate and enjoy! Place remainder in plastic containers, 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.