

# VEGETARIAN CASSEROLE

Recipe by Patti Moschonas of Allrecipes

Servings	Minutes	Protein
4	340	5.2g*

To really make this main dish into your next meal's main event, accompany this hearty, veggie-packed casserole with low-protein bread or rice.

## LET'S GET COOKING

1. Prepare the eggplant before assembling ingredients by cutting it into 2-inch chunks and putting them into an extra-large bowl with salted water to cover. Let sit for about 3 hours.
2. Preheat oven to 375°.
3. Cut the potato, green bell pepper, onion, squash, and tomato into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.
4. Drain and rinse the eggplant, then combine it with all the other chopped vegetables, dill, oregano, and basil.
5. Place all into a deep roasting pan and pour the tomato sauce and olive oil over all.
6. Bake for 2½ hours, adding a little water about halfway through cooking time to keep moist. Add salt and pepper to taste.

## INGREDIENTS

- 1 large eggplant
  - 1 large potato
  - 1 green bell pepper
  - 1 large onion
  - 1 summer squash
  - 1 tomato
  - 1/8 lb fresh green beans
  - 1/8 lb whole fresh mushrooms
  - 3 cloves of garlic
  - 5 tbsp chopped fresh dill weed
  - 5 tbsp chopped fresh oregano
  - 5 tbsp chopped fresh basil
  - 4 tbsp tomato sauce
  - 2 tbsp olive oil
- Salt and pepper to taste

## EQUIPMENT

- Extra-large bowl
- Colander
- Deep roasting pan



\*Protein is calculated per serving and is only an estimate.

Every patient with HT-1 is different. Talk to your doctor about what's appropriate for your specific medical and dietary needs.

Please see full Important Safety Information on the back and full Prescribing Information at [orfadin.com/pdf/full-prescribing-information.pdf](http://orfadin.com/pdf/full-prescribing-information.pdf).



## **INDICATION AND USAGE**

Orfadin® (nitisinone) is a synthetic reversible inhibitor of 4-hydroxyphenylpyruvate dioxygenase indicated for use as an adjunct to dietary restriction of tyrosine and phenylalanine in the treatment of hereditary tyrosinemia type 1 (HT-1).

## **IMPORTANT SAFETY INFORMATION**

Tyrosine levels can increase in the blood if you do not restrict tyrosine and phenylalanine in your diet while taking Orfadin. Too much tyrosine in the blood can cause serious eye problems or other complications.

Do not adjust your Orfadin dosage in order to lower the tyrosine levels in the blood.

A reduction in the number of white cells and platelets in the blood have been observed during treatment with Orfadin. Your platelet and white blood cell counts should be monitored regularly during Orfadin treatment.

The most common adverse reactions to taking Orfadin are liver cancer, liver failure, low platelets or white cells in the blood, and complaints related to the eyes, including conjunctivitis, corneal opacity, inflammation of the cornea, and extreme sensitivity to light.

Tell your physician promptly if you have unexplained eye symptoms, rash, jaundice (yellowing of the skin or whites of the eyes) or excessive bleeding.

Use Orfadin during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing women should discontinue either Orfadin or breast-feeding based on the recommendation of your healthcare professional.

Please see full Prescribing Information at [orfadin.com/pdf/full-prescribing-information.pdf](http://orfadin.com/pdf/full-prescribing-information.pdf)