

Zucchini Slice - Serves 6

Food group servings per serve:

Vegetables: 2 ½ - Dairy: 1 ½ - Lean meat/alternatives: 1 ½ - Grains: 1

Ingredients:

5 eggs
1 large zucchini, grated
400 g carrot, sweet potato or pumpkin, peeled and grated
1 1/2 cups canned corn kernels or frozen peas, drained
1 medium brown onion, peeled and diced
2 tsp dried mixed herbs
3/4 cup whole meal self-raising flour
1 cup reduced-fat cheddar cheese, grated
olive or canola oil spray
3 large tomatoes, sliced, optional
Salt and Pepper
green side salad, to serve

Method:

Preheat oven to 200°C (180°C fan forced).

Whisk eggs in a medium jug, season with black pepper and set aside.

In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.

Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.

Bake for 40-45 minutes or until firm and golden brown.

Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Available at our Café from 11am Wednesday 18 October