



ZUCCHINI SLICE



⌘ **Prep:** 30 mins
🕒 **Cook:** 45 mins
🍴 **Serves:** 6
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Method

1. Preheat oven to 200°C (180°C fan forced).
2. Whisk eggs in a medium jug, season with black pepper and set aside.
3. In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.
4. 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.
5. Bake for 40-45 minutes or until firm and golden brown.
6. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Variation: Substitute other vegetables including baby spinach, cherry tomatoes, broccoli florets, chopped asparagus or mushrooms, grated parsnip or potato and add fresh parsley, basil or dill.

Ingredients

- ▲ 5 eggs
- ▲ pepper
- ▲ 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 wholemeal self-raising flour
- ▲ 1 cup reduced-fat cheddar cheese, grated
- ▲ olive or canola oil spray
- ▲ 3 large tomatoes, sliced, optional
- ▲ green side salad, to serve

Nutrition Information

	per serve	per 100g
Energy	1220 kJ	353 kJ
Protein	19 g	6 g
Fat, total	9 g	3 g
— saturated	4 g	1 g
Carbohydrate	29 g	8 g
— sugars	10 g	3 g
Sodium	450 mg	130 mg
Fibre	7 g	2 g

Serving Suggestion: Serve hot or cold, as a healthy favourite for toddlers, children and adults alike. Great to take on a picnic, served as a finger food cut into small squares.

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