

Barb's Vegetable Slice

Serves: 8

Prep time: 15 minutes

Cook time: 30-35 minutes



1 serve per portion

Ingredients

4 eggs

3 spring onions, sliced

½ cup carrot, grated

½ cup zucchini, grated

310g can corn kernels, drained and rinsed

3 button mushrooms, diced

¾ cup reduced fat cheddar cheese, grated

½ cup self-raising flour

½ cup wholemeal self-raising flour

2 medium tomatoes, sliced OR 8 cherry tomatoes, halved



Everyday Food

Method

PREHEAT oven to 180°C. Line a slice pan with baking paper.

BEAT the eggs in a large bowl, then stir in the spring onions, carrot, zucchini, corn, mushrooms, and half a cup of cheese.

ADD the flours to the bowl and fold through until just combined.

SPREAD the mixture evenly into the prepared pan. Sprinkle with remaining cheese then top with sliced tomato.

BAKE in the oven for 30-35 minutes or until lightly browned and cooked through.

COOL before slicing.

Recipe courtesy of Barb McMillan, Dirranbandi Branch