

Barb's Vegetable Slice

Serves: 8

Prep time: 15 minutes

Cook time: 30-35 minutes



1 serve per portion

Ingredients

4 eggs, lightly beaten

3 spring onions, chopped

½ cup carrot, grated

½ cup zucchini, grated

310g can corn kernels, drained

3 button mushrooms, diced

½ cup cheddar cheese, reduced fat, grated

½ cup self-raising flour

½ cup wholemeal self-raising flour

2 medium tomatoes sliced, or cherry tomatoes halved

¼ cup cheddar cheese, reduced fat, grated



Everyday Food

Method

PREHEAT oven to 180°C and 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 cheese.

FOLD through the sifted flours.

SPREAD the mixture evenly into the prepared pan. Sprinkle with extra cheese then top with the 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