

Zucchini Slice



Cancer Council
Australia's Biggest
Morning Tea

Zucchini Slice

Serves: 8

Dietary fibre per serve: 4g

Preparation time: 30 minutes

Cook time: 45 minutes



Ingredients

- 5 eggs
- 2 medium zucchinis, grated
- 200g butternut pumpkin, grated
- 1 tin reduced-salt corn kernels
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- Pepper to taste
- Olive or canola oil spray



Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Whisk eggs in a medium bowl.
3. In a large bowl combine vegetables, egg, flour, cheese, herbs and pepper.
4. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in mixture and flatten.
6. Bake for 40–45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before cutting into 8 slices.

Alternatives

- Make it gluten-free by substituting $\frac{1}{2}$ cup of wholemeal self-raising flour for $\frac{1}{2}$ cup gluten-free self-raising flour.
- Try swapping pumpkin for carrot or sweet potato.

Notes

- Recipe can be frozen for up to two months. Cool to room temperature and cut into serving slices before freezing.



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