

VEGETABLE SLICE



Recipe serves

4-6

Preparation and
cooking time

40 minutes



Ingredients

1 onion *or*
1 shallot, finely chopped

2 carrots, grated

2 medium *or*
1 large zucchini, grated

1 capsicum, chopped finely

1 cup corn kernels, frozen *or* canned

½ cup chopped green beans *or* peas
or chopped celery

1 cup grated cheese

2 cups self-raising flour

6 eggs

½ cup milk



Method

- 1 Beat eggs and milk together then mix with all other ingredients.
- 2 Pour mixture into a greased baking dish or muffin tins.
- 3 Bake in a moderate oven (about 180°C) for about 30 minutes or until firm. Muffins will take about 15 minutes depending on the size.

Ideas & Hints

- » Use half wholemeal flour for extra fibre.
- » Use any vegetables, including canned butter beans and red kidney beans.
- » Great for packing in the lunch box but it will need to be kept cold.

