

# Zucchini Slice

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**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.

*Acknowledgement goes to Cancer Council Queensland for original development of this resource.*