

Vegetable slice

Traffic light category: **Green**

Serves: 8

Ingredients

- » 1 packet (approximately 300g) of frozen spinach (defrost and squeeze out most of the moisture before adding to the recipe)
- » 1 ½ cups wholemeal self raising flour
- » ½ cup polyunsaturated oil
- » 1 cup of reduced fat yoghurt
- » 2 cups mixed frozen vegetables
- » 2 teaspoons grated ginger (optional)
- » 2 large cloves garlic, crushed (optional)
- » 1 teaspoon sweet chilli sauce (optional)
- » 1 cup sesame seeds

Method

1. Preheat oven to 180°C
2. Line a 2 litre baking tray with grease proof paper or spray lightly with canola oil
3. Mix all ingredients together and transfer to baking tray
4. Sprinkle with sesame seeds
5. Bake for approximately 30 minutes or until golden. Do not overcook as the edges will become very dry
6. Cut the slice into 8 squares for serving.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	186g	100g
Energy	1842J	993kJ
Protein	11.4g	6.1g
Total fat	28.8g	15.5g
Saturated fat	4.9g	2.6g
Carbohydrate	30g	16.2g
Sugars	8.1g	4.4g
Dietary fibre	8.5g	4.6g
Sodium	247mg	133mg



Image source: exclusivelyfood.com.au