

# Christmas vege slice

Recipe courtesy of LiveLighter

Traffic light category: **Green**

Serves: 8 (approx 200g serve)

## Ingredients

- 5 eggs
- Pepper to taste
- 1 large zucchini, grated
- 400g carrot, sweet potato or pumpkin, peeled and grated
- ½ cup canned corn kernels, drained
- ½ cup frozen peas
- ½ cup red capsicum, diced
- 1 medium brown onion, peeled and diced
- 2 teaspoons dried mixed herbs
- ¾ cup wholemeal self-raising flour
- 1 cup reduced-fat cheddar cheese, grated
- Olive or canola oil spray
- Cherry tomatoes sliced, optional

## Method

1. Preheat oven to 200°C (180°C fan forced)
2. Whisk eggs in a medium jug, season with black pepper and set aside
3. In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined
4. Spray a large baking dish with oil. Pour in mixture and flatten with a spoon. Cover with tomato slices arranged in a single layer
5. Bake for 40-45 minutes or until firm and golden brown
6. Rest in the pan for 10 minutes before dividing into pieces. Serve hot or cold.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	637kJ	321kJ
Protein	9.3g	4.6g
Total fat	5g	2.5g
Saturated fat	2.3g	1.1g
Carbohydrate	15g	7.7g
Sugars	5.9g	3g
Dietary fibre	3.8g	1.9g
Sodium	211mg	107mg



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☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](#)

💻 waschoolcanteens.org.au [t /wascainc](#)