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GF Friendly

Five Vegie Slice

Egg and vegetable slice for main course or finger food

This is a variation on Zucchini Slice Recipe R11, but without the flour, so it is considerably thinner. We also changed the cheddar to cottage cheese, making it more suitable for anyone on a low cholesterol diet. The vegies are whatever you like and can be changed according to preference and availability.

- 1 small carrot
- ½ cup frozen spinach
- ¼ cup cauliflower
- ½ cup zucchini
- 1 small potato
- 2 eggs
- 2 Tbsps cottage cheese
- 1 Tbsp grated Parmesan
- 1 tsp turmeric
- Salt and pepper (optional)



Lightly beat the eggs in a bowl with the turmeric and salt and pepper if using. Grate the vegetables into the egg mix and combine well. Finally, mix in the Parmesan and cottage cheese.

Line a suitable oven-proof dish with baking paper and press in the mixture evenly and to the edges, ensuring there are no air bubbles.

Bake on 162°C fan forced (180°C conventional) for 20-30 minutes until lightly browning. Test with a finger to ensure the middle is cooked.

Serves 2-4 with chips and/or salad

okay to freeze

Tip: get the kids to help with the grating and mixing. Despite the vegies, this might encourage them to try it; and perhaps even take a slice in their lunch boxes.

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