



Traffic light category: **Green**

Serves: 8

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
Rest in the pan for 10 minutes before dividing into pieces .
6. Serve hot or cold.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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