

# Veggie Loaded Slice



Serves: 6

## Ingredients

5 eggs  
Pepper to taste  
½ large zucchini, grated  
200g carrot, sweet potato or pumpkin, peeled and grated  
¼ cup canned corn kernels, drained  
¼ cup frozen peas  
¼ cup red capsicum, diced  
½ medium brown onion, peeled and diced  
1 teaspoon dried mixed herbs  
¾ cup wholemeal self-raising flour  
½ cup reduced-fat cheddar cheese, grated  
Olive or canola oil spray  
1 tomato, sliced

## 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 oil and tomato.
4. Add eggs and stir mixture until well combined
5. Spray a large baking dish with oil.
6. Pour in mixture and flatten with a spoon. Cover with tomato slices arranged in a single layer
7. Bake for 40-45 minutes or until firm and golden brown.
8. Rest in the pan for 10 minutes before dividing into pieces
9. Serve hot or cold.

