

Ingredients:

Makes 12

1 cup low fat cheese, grated
½ cup wholemeal self raising flour
4 eggs, lightly beaten
½ cup lean ham, diced
3 spring onions, sliced thinly
3 cups mixed vegetables
(zucchini, carrot, pumpkin, sweet potato, peas, corn)
Olive oil spray

Makes 36

3 cups low fat cheese, grated
1 ½ cups wholemeal self raising flour
12 eggs, lightly beaten
1 ½ cups lean ham, diced
9 spring onions, sliced thinly
9 cups mixed vegetables
Olive oil spray

Equipment:

- Mixing bowl
- Measuring cups/spoons
- Wooden spoon
- Knife
- Chopping board
- Square or rectangular baking pan



Method:

1. Preheat oven to 180°C
2. Place all ingredients in a large bowl and mix gently until combined
3. Line a square or rectangular tin with baking paper or lightly spray with olive oil
4. Pour mixture into pan
5. Bake for 30-35 minutes or until set and golden brown
6. Allow to cool before slicing into fingers. Serve immediately or keep refrigerated for up to 3 days. May be eaten cold also.