

## Ingredients (serves 16)

- 1 cup reduced fat cheese
- ½ cup wholemeal self raising flour
- 5 eggs, lightly beaten
- ½ cup lean ham, thinly diced
- 3 spring onions, sliced finely
- 3 cups mixed grated vegetables (zucchini, carrot, pumpkin, sweet potato; can also add peas and corn)



## Equipment

- Square or rectangular baking pan (20cm x 20cm approx)
- Large mixing bowl
- Wooden spoon
- Baking paper

## Involving the Children:

Kids can assist with grating the vegetables or mixing the ingredients.

Make sure they wash their hands first.

## Method:

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