

Pumpkin and Corn Bake

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Serves: 20

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients

- Cooking oil spray
- 2 onions, diced chopped
- 2 green capsicums, chopped
- 2 red capsicums, chopped
- 5 cloves of garlic, crushed
- 6 tsp ground cumin
- 6 tsp ground coriander
- ½ tsp chilli powder (optional)
- 8 cups of cooked pumpkin, mashed (approx. the flesh of a 2kg pumpkin)
- 2 cups of frozen corn kernels, thawed
- 8 eggs, lightly beaten
- 1 ½ cups of Greek yoghurt
- 2 cups of shredded cheese

Method

1. Preheat an oven to 180°C.
2. Heat a large fry pan over medium heat, spray with cooking oil.
3. Add onion, cook 5 minutes or until softened. Add capsicum and cook for 2 minutes, stirring occasionally.
4. Add garlic and spices, cook for one minute then transfer all to a large bowl.
5. Add pumpkin, corn, eggs, yoghurt and half the cheese, mix all ingredients together well.
6. Spoon into a large baking dish.
7. Sprinkle with remaining cheese.
8. Cover with foil and bake for 10 minutes.
9. Uncover and bake for a further 10 minutes until golden.

Recipe Notes:

Sweet potato is a great substitute for pumpkin in this recipe. Capsicum can be swapped for peas, zucchini or mushrooms. This is a great side to serve with a main meal.

Food Group	Serves provided per portion
Vegetables	1
Fruit	0
Grain foods	0
Lean meat and alternatives	0.2
Milk, yoghurt and cheese	0.4

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