

Vegetarian Zucchini Slice (Gluten Free)

OSHC

Ingredients

- 2 zucchinis, grated
- 1 onion, diced
- ¼ cup red capsicum, diced
- ¼ cup corn kernels
- 1 cup light tasty cheese
- ½ cup smooth ricotta
- 1 cup gluten free flour
- 2 tablespoons extra virgin olive oil
- 5 eggs

Serves: 10

Prep Time: 15 mins

Cook Time: 35 mins



Method

1. Preheat oven to 180°C and line a 30cm x 20cm baking dish with baking paper (or grease with spray olive oil).
2. Squeeze out any excess liquid from the grated zucchini and add this to a large mixing bowl. Add the diced onion, diced red capsicum, corn kernels, light tasty cheese, smooth ricotta and gluten free flour. Mix to combine.
3. In a separate bowl, whisk together the extra virgin olive oil and eggs. Stir into the mixture.
4. Pour the mixture into the prepared baking dish and smooth the surface.
5. Bake for 35-40 minutes or until the top is golden and the slice is cooked through.
6. Serve warm or cold.

Recipe Notes:

Zucchini slice will keep in a sealed container in the fridge for 2-3 days. Freeze individual portions separately and take them out as needed. You can add any vegetable or lean meat/legume to this recipe, as a great way to use up leftovers.

Food Group	Serves per portion
Vegetables	0.7
Fruit	0
Grain foods	0.4
Lean meat and alternatives	0.5
Milk, yoghurt and cheese	0.4