

Gluten free Vegetarian Zucchini Slice

Food Foundations

Ingredients

- 2 zucchini, 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 tablespoon olive oil
- 5 eggs

Serves: 10

Prep Time: 15 mins

Cook Time: 35 mins



Method

1. Preheat oven 180°C/160°C (fan-forced) and grease and line a 30 x 20cm (base measurement) pan with baking paper.
2. Squeeze out any excess moisture from the grated zucchini before adding to the mix.
3. Combine zucchini, onion, capsicum, corn, cheese, ricotta and flour.
4. Whisk oil and eggs together and stir into flour mixture.
5. Pour into prepared pan and smooth the surface.
6. Bake 35-40 minutes or until top is golden.
7. Serve warm or cold.

Recipe Notes:

Zucchini slice will keep in a sealed container in the fridge for 2-3 days or freeze individual portions separately and take them out as needed.

Can add any vegetable or lean meat, 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