

Gluten Free Zucchini Slice

OSHC

Ingredients

- 5 medium zucchinis, grated
- 5 carrots, grated
- 1 cup green peas
- 14 large eggs, whisked
- 2 cups shredded cheddar cheese
- 400g gluten free self raising flour
- 2 tablespoons baking powder
- 2 cups cooked brown rice
- 1 teaspoon dried herbs (e.g. basil, oregano)
- 1 teaspoon minced garlic

Serves: 20

Prep Time: 10 mins

Cook Time: 30 mins



Method

1. Preheat oven to 180°C. Line a 30cm rectangular baking pan with baking paper.
2. Squeeze out and discard the excess liquid from the grated zucchini and carrot.
3. In a large mixing bowl, combine the grated zucchini, grated carrot, green peas, whisked eggs, shredded cheddar cheese, gluten free self raising flour, baking powder, cooked brown rice, dried herbs and minced garlic.
4. Transfer the mixture to the prepared baking pan. Bake for approx. 25 – 30 minutes or until golden and cooked through.
5. Remove from the oven and allow to cool for approx. 10 minutes before slicing into fingers or squares. Serve either warm or cold.

Recipe Notes:

To increase the protein serve, add lentils or crumbled tofu to this recipe or serve with a legume-based (e.g. bean, chickpea) salad. Alternatively, serve with a side salad or steamed vegetables.

| Food Group | Serves per portion |
|----------------------------|--------------------|
| Vegetables | 0.9 |
| Fruit | 0 |
| Grain foods | 1.3 |
| Lean meat and alternatives | 0.4 |
| Milk, yoghurt and cheese | 0.3 |