

# Zucchini slice

Makes 8 slices

## Ingredients

- 6 eggs
- 4 spring onions
- 2 medium zucchinis
- 1 large carrot
- ½ cup reduced fat cheese
- 100g reduced fat feta cheese
- 2 tablespoons plain flour
- Spray oil



## Method

1. Preheat oven to 180°C.
2. Chop spring onions.
3. Grate zucchinis, carrot and cheese. Crumble feta.
4. In a large bowl lightly whisk the eggs. Add the remaining ingredients to the bowl and mix through.
5. Lightly spray baking dish with spray oil. Transfer mixture into the baking dish.
6. Bake in oven for 40 - 45 minutes or until browned.
7. Cut into 8 slices and serve warm or cold.

NUTRITION INFORMATION		
Servings per recipe: 8		
Average serving size: 114g		
	Per serve	Per 100g
Kilojoules (kJ)	576	503
Protein (g)	11.8	10.3
Total fat (g)	8.2	7.2
- Saturated fat (g)	4.7	4.1
Carbohydrates (g)	3.4	3.0
- Sugars (g)	1.6	1.4
Fibre (g)	1.1	1.0
Sodium (mg)	246	215

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines