

A close-up photograph of several golden-brown, baked vegetable slices. The slices are thick and rectangular, showing a dense, moist interior with visible green and orange vegetable pieces. They are garnished with fresh green herbs. The background is a plain, light-colored surface.

vegetable slice

This recipe packs a punch with seven different vegetables! A powerhouse recipe for adding more variety in the veggies you serve.

ingredients

Serves 5

- 50g ($\frac{1}{4}$ small) green capsicum, finely diced
- 50g ($\frac{1}{4}$ small) red capsicum, finely diced
- 55g ($\frac{1}{2}$ small) carrot, grated
- 55g ($\frac{1}{2}$ small) sweet potato, grated
- 95g ($\frac{1}{2}$ medium) zucchini, grated
- 40g pumpkin, grated
- 80g red onion, finely diced
- 4 eggs
- 60g ($\frac{1}{2}$ cup) self-raising flour
- 60g ($\frac{1}{2}$ cup) cheese, reduced fat and grated
- 1 teaspoon vegetable stock powder, reduced salt
- 1 teaspoon pepper (optional)

method

1. Preheat oven to 170o C.
2. Beat eggs in a large bowl, add flour and beat until combined and smooth.
3. Add the prepared vegetables, cheese, powdered stock and the pepper.
4. Pour into a sprayed tray and bake for 30-45 minutes or until set.
5. Allow to cool and cut into portions.