

## ROAST VEGETABLE SLICE

\*serves 6 (freeze any left-overs not eaten within a week)

### Ingredients

Spray rice bran oil  
1 red capsicum  
2 good size zucchini  
600g butternut pumpkin, peeled  
800g potato, NOT peeled  
80g grated mozzarella cheese  
1 bunch chopped chives  
12 large eggs, beaten  
1 teaspoon salt

### Nutritional Profile

(Per slice)

Energy	1630kJ
Fat	17g
Protein	27g
Carbs	28g
Fibre	6g

**Step 1:** Pre-heat oven to 180°C. Slice zucchini, pumpkin and potato into 1cm thick pieces and bake in oven until soft. Note: zucchini will not take as long as potato or pumpkin. While vegetables are baking, heat dash of oil in a fry pan and cook diced capsicum until soft.

**Step 2:** Layer large rectangle baking dish with 1 layer baked vegetable pieces and then add the capsicum and cheese, add another layer of the baked veggies. Beat the eggs with  $\frac{1}{2}$  cup lactose free milk, salt and the chives and pour over the vegetables, sprinkle with the remaining cheese then bake in oven for 30-40 minutes or until golden brown.

Serve with a green salad and ENJOY!

**Each serve contains 2.5 serves of vegetables.**



*"changing the way you eat"*