

Zucchini slice or muffins

'I like this one. For a single person like me, I make a batch of muffins and I've got 10 meals prepared in the freezer. Simple and healthy with a salad' Maggie from Eaglehawk Cooking Club – 2020.



Method

1. Preheat oven to 180 degrees Celsius.
2. Grease your muffin tray or slice tray with a small amount of oil.
3. Add flour to beaten eggs and blend until smooth.
4. Add zucchini, onion, cheese and oil and stir to combine.
5. Spoon into muffin tray or pour into slice tray.
6. Add 2-3 cherry tomato halves to each muffin or place over the top of the slice.
7. Bake in oven for 30 minutes or until cooked through.
8. Serve with a side salad.

Tips

Three rashers of chopped bacon can be added to this recipe if desired.

Zucchini can also be substituted for finely chopped capsicum and / or grated carrot to make up two cups of vegetables

THIS RECIPE WAS PROVIDED BY COOKING CLUB LEADERS SABINE AND NARELLE FROM EAGLEHAWK COOKING CLUB

DIETARY SPECIALITY, EXAMPLE VEGETARIAN

DIFFICULTY	Easy
PREP. TIME	15 mins
COOKING TIME	30 mins
SERVES	12

INGREDIENTS

5 eggs, lightly beaten
1 cup self raising flour
1 large onion, finely chopped
2 medium sized grated zucchinis
½ cup of parsley
1 cup grated tasty cheddar cheese
¼ cup of olive oil or monounsaturated vegetable oil such as canola
12- 18 cherry tomatoes sliced in half

EQUIPMENT

Grater
Mixing bowl
Sharp knife
Chopping board
Muffin tray for 12 medium sized muffins or 30 x 20 cm slice tray

