

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

Impossible Mediterranean Pie

Serves 4

INGREDIENTS

1 tablespoon olive oil
1 onion, finely chopped
1 red capsicum, finely diced
2 medium zucchini, grated
60g lean ham, finely diced
3 eggs
1 cup skim milk
½ cup wholemeal self-raising flour
½ cup grated reduced-fat tasty cheese, grated

DIRECTIONS

1. Preheat oven to 200°C. Grease a 4cm deep, 24cm base, ovenproof fluted ceramic quiche dish.
2. Heat oil in a non-stick frying pan over medium heat. Add onion and capsicum, cook over a medium heat for 4–5 minutes or until golden. Add the grated zucchini and diced ham and cook for a further 2 minutes. Remove from heat and cool.
3. Whisk the eggs, milk and flour in a bowl until combined. Stir in ham mixture and cheese.
4. Pour mixture into the quiche dish. Bake for 45–50 minutes or until set. Allow to stand for 10 minutes before serving.

PER SERVE

KJ (cal) 1305KJ (312)
Fat 16.7g
Saturated fat 6.6g
Carbohydrate 17.3g
Protein 21.8g
Sodium 635mg
Fibre 3.8g

chooz to looz Program

1 serve = 2 meat exchanges,
1 bread exchange, ½ milk exchange
and 1 fat exchange



The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store www.milhamdietitians.com and all good bookshops Australia wide

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