

Zucchini Pie

Serves 4 – 6

Preparation Grease 23 x 25 cm roasting or lasagne dish
Pre-heat oven to 200°C

Ingredients 3 cups (500g) grated zucchini (use large zucchini)
1 large onion, finely diced
4 eggs, lightly beaten
1½ cups of grated cheese
½ teaspoon Celtic sea salt
¾ cup flour (non wheat – spelt, rice, barley)
1 teaspoon baking powder
1 tablespoon mixed fresh herbs (parsley, marjoram, oregano, basil)
tomato slices (optional)
freshly ground black pepper (optional)
additional grated cheese or Parmesan

The method Grate the zucchini into a very large mixing bowl.
Add finely diced onion, lightly beaten eggs, grated cheese, salt and herbs. Mix well using spatula.
All flour/baking powder, folding under well.
Pour mixture into prepared baking dish (mixture will rise during baking – do not fill more than 2/3 full)
If you like, arrange tomato slices on top and sprinkle with extra grated cheese or parmesan
Bake at 200°C (electric) for 24 to 40 minutes or until centre feels firm and top has browned slightly. Sprinkle with freshly cracked black pepper (if desired)
Leave to stand for at least 5 minutes before cutting into pieces.

Serving suggestion Fresh mixed garden salad

Hint Tastes good cold and makes an excellent school lunch or snack the next day.

Courtesy: *The best of home cooking*, Alison Holst
C.J. Publishing
ISBN 0-908808-33-X