

Easy Vegie Slice

Makes 4 serves.

Ingredients

4 slices wholemeal bread
 1 tablespoon polyunsaturated margarine
 4 slices lean ham
 1 small onion
 1 small zucchini
 1 tablespoon SR flour
 2 teaspoons finely chopped parsley
 2 eggs
 ½ cup grated fat-reduced cheese

Utensils

Chopping board and knife
 23 cm round or square microwave-proof dish
 Cup
 Fork
 Grater
 Mixing bowl
 Microwave oven
 Measuring cups and spoons

