

Healthy Lunch Box recipe

Layered mixed potato bake.



Ingredients

- Olive oil spray
- 2 large potatoes, peeled & thinly sliced lengthways
- 1 large sweet potato, peeled & thinly sliced lengthways
- 2 zucchinis, thinly sliced lengthways
- ½ cup frozen corn kernels
- ½ cup frozen peas
- 8 eggs, lightly beaten
- ½ cup reduced-fat milk
- ½ cup reduced-fat Ricotta
- ½ cup reduced-fat tasty cheese, grated
- 1 tsp fresh thyme, leaves picked

Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.

Steam the sweet potato and potato until just tender.

In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.

Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.

Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.

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healthy lunchbox.com.au



Cancer Council
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