

Kumara and Bacon Quiche

2 onions, sliced
2 cloves of garlic, chopped
3 rashers of lean bacon, chopped
4 cups kumara, cubed, cooked
2 tablespoons of parmesan cheese
½ cup of wholemeal flour
1 tsp baking powder
2 teaspoons of orange rind
3 spring onions, chopped
½ teaspoon chicken stock powder
½ cup trim milk
3 eggs

Sauté the onion and garlic in a non-stick pan until the onion is soft. In a bowl, combine the cheese, flour, kumara, bacon, rind, spring onions and seasoning. Whisk the milk and eggs together then add to bowl along with onion and garlic; mix well. Pour into flan dish, lined with baking paper, and cook for 20 – 30 minutes at 200 degrees. Serve with salad or vegetables. Serves 4

Health Habits:

- Including a wide range of different coloured vegetables - ensures a wide range of vitamins and anti-oxidants
- Using trim milk and edam cheese instead of higher fat varieties - reduces fat content
- Not having pastry – reduces fat content