

Turmeric Vegetable Bake

Ingredients

5 eggs

1 cup cheese

1 grated zucchini (medium size)

1 grated carrot (medium size)

1 cooked and chopped onion (or chopped shallots from your garden)

1 cup grated sweet potato

1 cup (any other vegetables you grow or like the taste of)

1 cup SR flour

salt and pepper to taste

1 small teaspoon turmeric

Method

Mix all of the above ingredients together and pour into casserole dish (I use 20 cm square dish)

Cook in oven 180 degrees for 45 minutes or until cooked in the middle.

From Robin