



COURGETTE & RICOTTA BITES

Ingredients:

- 2 COURGETTES
- 1 SMALL WHITE ONION
- 2 TBSP OLIVE OIL
- 40G CHEDDAR CHEESE
- 260G SELF RAISING FLOUR
- 3 EGGS
- 160ML MILK
- 60G RICOTTA
- 2 TBS FRESH PARSLEY

Method

- PRE-HEAT THE OVEN TO 190C. GREASE A 12-HOLE MUFFIN TIN.
- IN A LARGE BOWL COMBINE DICED ONION, GRATED CHEDDAR CHEESE, 3/4 GRATED COURGETTE AND THE FLOUR. MIX WELL.
- WHISK EGGS, OIL, MILK AND RICOTTA TOGETHER. ADD TO ZUCCHINI MIXTURE. SEASON. ADD PARSLEY. MIX TO COMBINE.
- DIVIDE EQUALLY AMONG THE 12- HOLES OF PREPARED PAN. TOP WITH REMAINING ZUCCHINI.
- BAKE FOR 15 TO 20 MINUTES OR UNTIL GOLDEN AND JUST FIRM TO TOUCH. STAND IN PAN FOR 5 MINUTES. TRANSFER TO A WIRE RACK TO COOL.

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Nutritional Information

MILK - PACKED WITH IMPORTANT NUTRIENTS LIKE CALCIUM, PHOSPHORUS, B VITAMINS, POTASSIUM AND VITAMIN D. PLUS, IT'S AN EXCELLENT SOURCE OF PROTEIN. DRINKING MILK AND DAIRY PRODUCTS MAY PREVENT OSTEOPOROSIS AND BONE FRACTURES AND EVEN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EGGS - EGGS ARE NUTRIENT RICH, HIGH IN QUALITY PROTEIN, RAISE LEVELS OF "GOOD" CHOLESTEROL, A GOOD SOURCE OF OMEGA-3S, VERY FILLING AND HELP WITH WEIGHT LOSS. EGGS ARE AMONG THE BEST DIETARY SOURCES OF CHOLINE!

COURGETTE - COURGETTES ARE A SOURCE OF A MINERAL CALLED POTASSIUM. POTASSIUM HELPS TO KEEP OUR MUSCLES WORKING PROPERLY SO WE CAN MOVE AROUND. COURGETTES ARE ALSO A GREAT SOURCE OF VITAMIN C AND FOLIC ACID. HALF A LARGE COURGETTE COUNTS AS ONE OF YOUR 5-A-DAY.

ONIONS - ONIONS ARE NUTRIENT-DENSE, MEANING THEY'RE LOW IN CALORIES BUT HIGH IN VITAMINS AND MINERALS, THEY BENEFIT HEART HEALTH, ARE LOADED WITH ANTIOXIDANTS, CONTAIN CANCER-FIGHTING COMPOUNDS, HELP CONTROL BLOOD SUGAR, BOOST BONE DENSITY, HAVE ANTIBACTERIAL PROPERTIES AND BOOST DIGESTIVE HEALTH.

OLIVE OIL - EACH TABLESPOON OF OLIVE OIL HAS ABOUT 1.9 MG OF VITAMIN E, A FAT-SOLUBLE ANTI-OXIDANT THAT CAN PROTECT THE BODY AGAINST EYE AND SKIN PROBLEMS AND IN FACT MAKE HAIR AND SKIN MUCH HEALTHIER. IT HAS ALSO BEEN SHOWN TO PROTECT THE BODY FROM DIABETES, NEUROLOGICAL DISEASES SUCH AS ALZHEIMER'S, AND LUNG CANCER.

RICOTTA - A GREAT SOURCE OF CALCIUM AND PROVIDES A RANGE OF OTHER ESSENTIAL NUTRIENTS INCLUDING VITAMIN A, RIBOFLAVIN, NIACIN, VITAMIN B12, VITAMIN K, IODINE, PHOSPHORUS, SELENIUM AND ZINC.

PARSLEY - CONTAINS MANY IMPORTANT NUTRIENTS, RICH IN ANTIOXIDANTS, SUPPORTS BONE HEALTH, CONTAINS CANCER-FIGHTING SUBSTANCES, RICH IN NUTRIENTS THAT PROTECT YOUR EYES, MAY IMPROVE HEART HEALTH.