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**Crustless cheese and vegetable tart**

(makes 8 snack servings or 4 meal servings)

**Ingredients**

- 3 extra large eggs, beaten
- 200 g fat free smooth cottage cheese (1 tub) smooth or chunky
- 5 ml Parmesan cheese, finely grates (1 tsp)
- 1 clove garlic, crushed
- Pinch ground cumin, optional
- Freshly ground black pepper
- 500 g fresh or frozen vegetables of your choice, finely chopped (not chunky)
- 8 spring onions, chopped, or ½ small onion, finely chopped
- 10 ml vegetable stock powder (2 tsp)
- 60 g mozzarella cheese, grated (size of two matchboxes, before grating)
- 2.5 ml ground paprika (½ tsp), optional

**Method**

1. Preheat the oven to 180°C. Lightly grease a medium baking dish with non-stick cooking spray.
2. Mix together eggs, cottage cheese, Parmesan cheese, garlic, cumin and black pepper and set aside.
3. Peel and chop the vegetables finely and place them evenly in the base of the lightly greased baking dish.
4. Sprinkle with the chopped spring onion and stock powder.
5. Pour the egg mixture over the vegetables.
6. Sprinkle the grated cheese evenly over the vegetables
7. Dust with paprika. (This gives a lovely dark brown colour.)
8. Bake for 25-35 minutes until bubbling and lightly browned.

*For the snack serving size, the vegetables can be chunky as each serving will be baked individually and does not need to be cut.*

	Grain	Vegetable	Fruit	Meat & meat Alternatives	Dairy	Fat
Per Serve = one meal serving		2		2	½	½

Reference available on request