



## Pecan nuts and Vegetable Bake

### Ingredients

2 medium carrots, sliced  
2 zucchini, sliced  
1 medium onion, sliced  
1 cup broccoli florets  
1 cup cauliflower florets  
¼ small white cabbage, shredded  
1 cup cooked shredded silverbeet  
2 tbsps polyunsaturated margarine  
2 tbsps flour  
½ cup skim milk  
1 cup Edam or ricotta cheese (see note)  
Freshly ground pepper  
1 tbsps fresh wholemeal breadcrumbs  
50gm roughly chopped Pecans

### Method

Blanch carrot, zucchini, onion, broccoli, cabbage and cauliflower in boiling water for 3 minutes. Drain, reserving ½ cup of the liquid and place the vegetables in an ovenproof dish and cover with cooked silverbeet. Melt margarine in a small saucepan, stir in flour and cook for 1 minute. Gradually stir in milk and reserved cooking liquid, stirring until sauce becomes thick, add pepper to taste and pour sauce over vegetables.

Sprinkle cheese over top and then breadcrumbs and Pecans.

Bake in a moderate oven 180 Degrees C for 30 minutes.

### Note

Edam cheese is slightly lower in fats than cheddars but to really cut down on extra fats ricotta cheese can be used.