

Veggie Bread

We have a wonderful dish for the veggie lovers and that dish is veggie bread. We don't call this dish veggie bread for nothing. It has a combination of onion, zucchini, and parsley. This is a healthy recipe you can make for your family and is a great way you can get your kids to eat vegetables. However this dish has meat in it as well that you will enjoy.



Ingredients:

- 4 slices whole wheat bread
- 1 tablespoon margarine
- 4 slices of chicken or turkey
- 1 small onion
- 1 small zucchini
- 1 tablespoon Self-Rising flour
- 2 teaspoons parsley flakes
- 2 eggs
- $\frac{1}{2}$ cup shredded low-fat Cheese

Directions:

Cut or pull the crust off the 4 slices of bread. Lightly spread margarine on each bread slice. Place the bread margarine side up in a 9 to 10 inch microwavable deep dish. Cut the chicken or turkey up into small pieces and place in a bowl. Chop the onion and zucchini into small pieces and add to bowl. Add the eggs, flour, parsley, and cheese to the bowl and mix well. Use a fork to beat the eggs in the mixture. Spoon mixture on bread and cover dish with plastic wrap. Place the dish in the microwave and microwave on medium high for 8 minutes. Serve hot or cold.

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