



Wholemeal Asparagus or Vegetable Flan

(Serves 4 approx 250 calories per serving)

Ingredients: -

For the pastry

175g/6 oz - wholemeal flour

45ml/3 tbsp - skimmed milk powder

Water to mix

For the filling

8 oz - cooked fresh or tinned Asparagus, celery or other vegetables

1 - egg

150ml/¼ - pint skimmed milk

15ml/1 tbsp - wholemeal flour

50g/2oz - mushrooms, thinly sliced

1 - tomato, thinly sliced

15ml/1 tbsp - chopped parsley

Black pepper

Method: -

Preheat oven to 190°C/375°F/gas mark 5.

To make pastry, mix together the flour and skimmed milk powder. Add enough water to form



a dough.

Roll out pastry and line an 20cm/8" greased flan ring. Prick the base, line with foil and fill with dry beans. Bake blind for 10 minutes.

Remove the foil and beans and bake for a further 5 minutes to dry the pastry case.

Chop the asparagus or other vegetables and place in the flan case.

Beat together the egg and milk. Stir in the parsley, pepper and flour.

Pour over the vegetables and arrange mushrooms and tomato slices.

Bake for 30 - 35 minutes until the filling is set.

Serve hot or cold.
