

Multihued Veggie Sandwich



An easy-to-prepare comfort food, veggie sandwich is very nutritious and healthy. It's a basic breakfast sandwich made generally with vegetables, cheese on any sort of bread. Try this sandwich with a cup of tea or coffee.

Ingredients

- 4 Whole Wheat Bread**
- 1/2 Cup of Chopped Onion**
- 1/2 Cup of Carrot**
- 1/2 Cup of Green Bell Pepper**
- 1/2 Cup of Peas**
- 1/2 Cup of Mushroom (I used Baby Portabella)**
- 1 Chopped Tomato (Medium Size)**
- 1 Tsp of Coriander Powder**

1/4 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
Dash of Salt and Pepper
3- 4 Tbsp of Sharp Cheddar Cheese
1-2 Tbsp of Mayonnaise / Vegennaise
1 Tbsp of Oil or Butter

Method



- **Heat a pan with butter or oil, add onion to it and saute for 3-4 mins until they turn a soft amber color.**
- **Add all veggies (carrot, green bell pepper, peas, mushroom, tomato and water) Cook for 4-5 mins until they turn soft.**



- **Add coriander powder, turmeric powder, red chilly powder, salt and pepper. Saute well for 1-2 mins and turn off the stove.**

For the sandwich build

- **Apply mayonnaise or vegennaise on each side of bread.**



- **Place sauteed vegetables over mayonnaise on each side of bread.**
- **Add sharp cheddar cheese over the top of sauteed veggies.**



- Assemble your sandwich by gently pressing the two slices of bread together.
- Toast the bread in skillet with lid and grill until it changes to brown colour and flip over; continue grilling until cheese is melted.
- Hot veggie sandwich is ready to eat.



Tips

- Serve it with a bowl of any soup or potato chips.
- Use any sort of cheese or bread of your choice.

Health Benefits of Grilled Cheese Sandwich

Veggie sandwich consists of cheddar cheese placed between two slices of bread, These are likely to increase your health benefits by adding tomatoes, onions or other vegetables, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.

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[Eggless Blueberry Pancake](#)



Pancakes are flat bread enjoyed by cultures around the world. But recipes vary one country to other country. In United States and Canada, pancakes are served for breakfast while in Europe, they serve pancakes as desserts or even side dishes. Pancakes can be eaten as plain, with butter or sprinkled with maple syrup or honey or filled with fruits. Pancakes are a truly universal and enjoyable treat.

Ingredients

- 1 Cup of All Purpose Flour**
- 1/2 Cup of Blueberry**
- 1 Tsp of Sugar**
- 1/4 Tsp of Cinnamon**
- 2 Tsp of Baking Powder**
- 1 Cup of Milk**
- 1/4 Tsp of Salt**
- 1 Tbsp of Vegetable Oil**

- 1 Tbsp of Water**
- 1 Tsp of vanilla Extract**
- 2 Tbsp of Butter**

Method



- **In a bowl, mix all the dry ingredients (all purpose flour, sugar, cinnamon, baking powder and salt)**
- **In another bowl, mix all wet ingredients (milk, vegetable oil, vanilla extract)**
- **Stir in the wet ingredients to the dry ingredients. Add butter and blueberry to the batter, stir well and Keep it aside for 2 minutes.**



- In a medium heat, heat a griddle, when it is hot, pour a ladleful of batter on the pan. Cook until bubbles appears.
- Carefully flip the pancake and cook until it turns to golden brown.
- Soft, fluffy pancake is ready [[f9.laugh]] [[f9.laugh]]



Tips

- Pancake are not sweet by itself. Always serve it with maple syrup or honey.
- Don't keep the pan in high flame, when you cook the pancake.
- You can add any nuts or fruit of your choice.

Health Benefits of Blueberry pancake

- Highest antioxidant capacity of all fresh fruit.
- Aids in reducing belly fat.
- Good for brain health and vision.



Recipe Source : Eggless Cooking

[Elbow Pasta with Broccoli,](#)

Roma Tomatoes and Green Olives



Elbows in Italian is named for its twisted tubular shape. Elbows are perfect for the American macaroni and cheese and pasta salad. This is one of my favorite weekend breakfast recipe. It is very easy to make and healthy recipe even a beginner can do without cooking knowledge. Great recipe to pack for lunch box. I bet your kids will love this pasta.

Ingredients

1 and 1/4 Cup of Elbow Pasta

2 Finely Chopped Garlic
1 Finely Chopped Roma Tomato
1/2 Cup of Chopped Broccoli
1/2 Tsp of Red Chilli Flakes
1 and 1/2 Tbsp of Olive Oil
Few Green Olives
2 Tbsp of Parmesan Cheese(opt)
1 Tbsp of Sharp Cheddar Cheese
Dash of salt and pepper
3-4 Cups of Water

Method



Ingredients

- **Bring 3-4 Cups of water to a rolling boil, add salt to taste.**
- **Add elbow pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**
- **In a large skillet, heat olive oil, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.**
- **Add chopped broccoli and tomato, cook for a 1-2 mins.**

Season with salt and pepper.

- **Add pasta to the skillet and add Parmesan cheese, toss well. Switch off the stove.**
- **Top with sharp cheddar cheese, green olives and serve immediately.**



Tips

- **Adding Parmesan cheese and green olives are optional. I used because I love Parmesan, green olives and pasta combination.**
- **You can follow the same recipe by using any pasta.**



Health Benefits of Elbow Pasta

- **Try to use whole wheat or multi-grain pasta as it was rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.**
- **Adding green olives prevents heart diseases and cancer.**