

Grilled Guacamole Sandwich / Guacamole Recipe



Avocados are considered as one of the healthiest food in the planet because it consists of 25 essential nutrients. Guacamole is an avocado based sauce originated in Mexico. Grilled guacamole sandwich is one of my favourite sandwich. Every week I eat this sandwich without fail. Making guacamole sandwiches with avocado and cheese is yummy, healthy and creamy in taste. Good to eat with a cup of tea or coffee.

Ingredients

- 2 Whole Wheat Bread**
- 4 Tbsp of Guacamole**
- 1 Tbsp of Mayonnaise or Vegenaise**
- 1-2 Tbsp of Sharp Cheddar Cheese**

1 Tbsp of Ghee or Butter

Method



Ingredients

- **Apply ghee or butter on one side of each slice of bread.**
- **Apply mayonnaise, guacamole and cheese on each side of bread.**
- **Heat a skillet, place a butter side of bread onto skillet. Cover skillet with lid and grill until it changes its color and flip over, continue grilling until cheese is melted.**
- **Grilled guacamole sandwich is ready.**

Tips

- **Serve with hot cup of tea or coffee.**
- **You can see [Guacamole](#) recipe in my blog.**
- **Use any sort of bread or cheese of your choice.**



Health Benefits of grilled guacamole sandwich

- **Grilled guacamole sandwich consists of cheese placed between two slices of bread, then grilled in two tablespoons of butter. These are likely to increase your health benefits by adding guacamole, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.**
- **Avocados are rich in folate and vitamin C.**

Tags : [grilled guacamole sandwich](#), [guacamole sandwich](#), [avocado sandwich](#), [guacamole sandwich recipe](#), [breakfast sandwich recipe](#)

Fresh Roma Tomato and Cucumber Salad



This refreshing salsa consists of fresh Roma tomatoes and cucumber makes a good evening snack. Adding red wine vinegar gives a nice kick. Eating salsa with tortilla chips was amazing.

Ingredients

- 2 Roma Tomatoes(Chopped into large chunks)**
- 1 Medium Size Cucumber(Diced)**
- 1/2 Cup of Finely Chopped Red Onion**
- 1 Tbsp of Chopped Garlic or Garlic powder**
- 3-4 Jalapenos**
- 2 Green Olives**
- 1 Tbsp of Olive Oil**

1 Tbsp of Red Wine Vinegar
1 Tbsp of Lemon Juice
Kosher Salt as required
3 Tbsp of Chopped Cilantro
Tortilla or Pita Chips, for serving

Method

- **In a medium size bowl, combine tomatoes, cucumber, onions, garlic, jalapenos, cilantro and olives.**
- **In a small bowl, beat oil and vinegar with a whisk or fork until well emulsified, add lime juice and salt to taste.**
- **Pour the dressing over the tomato mixture and toss thoroughly. Chill for 30 minutes before serving.**

Tips

- **Serve with tortilla chips or pita chips.**
- **You can add any vegetables if you want.**



Health Benefits of Roma Tomato and Cucumber

- Roma tomatoes are rich in antioxidants
- Cucumber aids in digestion and keep your skin hydrated.
- Both are rich in vitamin A, B, C and K

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Apple Bruschetta



Apple Bruschetta is a antipasto recipe. Antipasto means "before a meal" This recipe is simple, sweet and delicious consists of sweet apple combined with goat cheese serves on top of the bread makes a good appetizer.

Ingredients

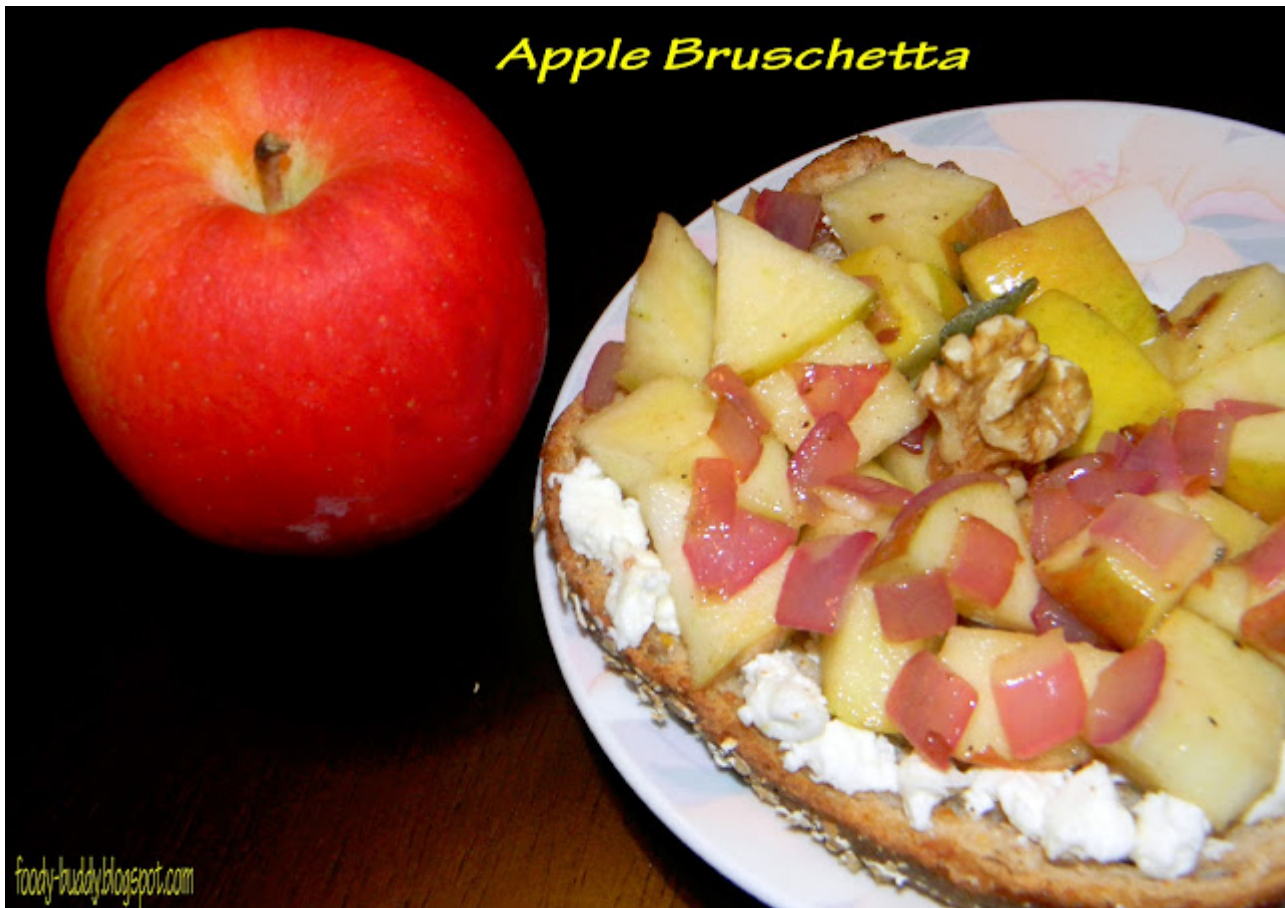
- 1 Chopped Apple**
- 1 Tbsp of Olive Oil**
- 1/4 Cup of Chopped Onion**
- 1 or 2 Sage Leaves**
- 3 Tbsp of Balsamic or Red wine vinaigrette.**
- 3 Tbsp of Goat Cheese**
- 1 Slice of Whole Wheat Bread or Baguette lightly toasted**
- 1 Tbsp of Honey**
- A Dash of Salt and Pepper**

Method

- Place diced apple in a medium size bowl.
- Heat oil in a skillet over medium heat. Add sage leaves, chopped onions and saute until it turns transparent. Add salt and pepper.
- Now add vinaigrette to a pan and cook in low heat until it reduced to 1 tbsp. Turn off the stove.
- Transfer the onion to a bowl containing diced apple and toss gently.
- To assemble the bruschetta, spread goat cheese on toasted bread slice then add onions and apple.
- Finally drizzle with 1 tbsp of Honey and enjoy !!!

Tips

- Combination of Apple, goat cheese and vinaigrette was amazing.
- There is no need to remove apple skin.
- You can use peach instead of apple.



Health Benefits of Apple Bruschetta

Apples

- Phytonutrients in apples helps to regulate the blood sugar level.
- Rich in Vitamin B and C
- Apple Prevents Cancer and Parkinson disease.

Goat Cheese

- Lower in fat and calories.
- Rich in calcium and protein.
- Healthy alternative to cream cheese.
- Good for your brain.

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