

Caramelized Onion Cheese Sandwich



Caramelized onion cheese sandwich is more popular in UK and US. I love to eat this sandwich for my breakfast. Try this sandwich with a cup of hot tea for a good meal on a chilly day...

Ingredients

2 Tbsp of Olive oil /Butter
2 Tbsp of Butter/Ghee
1 Finely chopped Red Onion
2 Whole Wheat Bread
2-3 Tbsp of Cheddar Cheese
A Dash of Pepper and Salt

Method

- Heat a pan over medium heat.
- Add butter or olive oil.
- Add onion to it and saute for 5-7 mins until they turn a soft amber color.
- Add pepper and salt to taste.
- Turn off the stove.

For the sandwich build



- Apply butter/ghee on one side of each slice of bread.
- Place the butter-side of bread-down onto skillet and add caramelized onion over it.
- Add cheddar cheese on one side of second slice of bread and place butter-side of bread-up on top of sandwich. Cover skillet with lid and grill until it changes to brown colour and flip over; continue grilling until cheese is melted.
- Caramelized onion cheese sandwich is ready.
- Now slice the sandwiches on a nice diagonal and serve.

Tips

- Serve with a hot cup of Tea.
- Use any sort of cheese or bread of your choice.



Health Benefits of Caramelized Onion Cheese Sandwich

Caramelized Onion Cheese sandwich consists of slice of processed cheese and onions placed between two slices of bread, then grilled in two tablespoons of butter. These are likely to increase your health benefits by adding onions or other vegetables, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.

Sending this recipe to

<http://www.simplysensationalfood.com/2013/01/announcing-event-lets-cook-healthy.html>



Potato Salad Recipe



Potato Salad is a simple dish made from boiled potatoes. This is a popular dish in United States and Europe but the version of making potato salad vary from place to place across the world. Many people in the US love to eat their potato salad as a side dish with barbecue's, baked beans and cold sandwiches in outdoors and picnics. My husband taught me this recipe. I love to eat this salad with cold sandwiches.

Ingredients

- 1 Gold potatoes**
- 1/4 Cup of Chopped Onion**

1/4 cup Chopped Celery
1Tbsp of Mayonnaise
1-2 Tbsp of Thick Yogurt
1 Tsp of Yellow Mustard
1 Tsp of Garlic Powder
1/2 Tsp of Sugar
1/2 Tsp of Red Chilly Powder
Salt and Ground black pepper to taste

Method

- **Wash and cut the potatoes into small cubes.**
 - **There are two steps by which you can boil the potatoes**
- 1. Take a bowl to that add potato, salt, garlic powder and water. Keep the bowl in microwave for 5 mins and keep it aside (or)**
 - 2. Place potato into a large pan and add water, salt and couple cloves of garlic and bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.**
- **In a separate bowl stir in chopped onion, celery, mayonnaise or yogurt, sugar or sweet relish, salt, chilly powder/cayenne pepper, black pepper and yellow mustard. Mix well and now add the boiled potatoes and toss well. Cover and refrigerate at least 1 hour before serving.**

Tips

- **Add scrambled eggs if you want.**
- **If you don't have mayonnaise, you can add more yogurt to it.**
- **Serve it with cold sandwiches.**

Potato Salad.



Health Benefits of Potatoes

- **Potatoes are high in fibers.**
- **They are good for brain Function and easy digestion.**

Almond Butter Jelly Sandwich

ALMOND BUTTER JELLY SANDWICH



Yummy!!Yummy!! This is my breakfast Almond Butter Jelly Sandwich this includes a layer of Almond Butter and either jam or jelly on bread. Peanut Butter Jelly Sandwich is a favourite sandwich to kids in United states. But I prefer almond butter to peanut butter for health reasons. Its crunchy, fruity in taste. Try this sandwich you will love to eat again and again.

Ingredients

- 2 Tbsp of Almond Butter**
- 2 Tbsp of Jam/Jelly**
- 2 Slices of Whole Wheat MultiGrain Bread**
- 1 Banana Sliced**

Method



- **First toast the bread in toaster.**
- **Spread the 2 tablespoons of almond butter evenly onto one slice of bread using a knife.**
- **Spread 2 tablespoons of jelly/jam evenly onto the other slice of bread with a spoon.**
- **Place the slices of banana on one side of sandwich as shown in picture.**
- **Assemble your Almond Butter & Jelly sandwich by gently pressing the two slices of bread together.**
- **Enjoy your delicious sandwich.**

Tips

- **Buttering the bread first (the side with the almond butter) enhances the flavor.**
 - **Adding honey or bananas in between the sandwich gives sweetness.**
- **Choose a multi-grain variety of bread.**
- **Toasting the bread first changes the flavor slightly, plus the heat can help with spread.**



Health Benefits of Almond Butter Jelly Sandwich

- **Almonds Butter** are nutritional powerhouses that contain significant amounts of protein, calcium, fiber, magnesium, folic acid, potassium, and vitamin E. Almond butter has extremely low saturated fat content and is rich in monounsaturated fats making it a heart-healthy choice.
- **Fruit jelly** contains pieces of whole fruit , good for your health.