

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.**

Mixed Vegetable Paratha Recipe | Paratha Veggie Medley



Parathas are traditional recipe to Northern Part of India made with vegetables, wheat flour and spices. They are very easy to make, good alternative to regular chapathi, very filling meal for dinner. Good to eat with simple onion raita as it has lot of vegetables in it.

Ingredients

1 and 1/2 Cup of Whole Wheat Flour
2/3 Cup of Shredded Carrot

2/3 Cup of Shredded Cabbage
1/4 Cup of Green Capsicum/Bell Pepper
2 Green or Spring Onions
1 Tsp of Ginger Garlic Paste
2 Tbsp of Dried Methi Leaves
1/2 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1/2 Tsp of Cumin Powder
Pinch of Asafoetida
Pinch of Garam Masala
1/2 Tsp of Cumin
Salt, oil and water as needed

Method



- **Take a pan with oil, add cumin and wait let it crackles then add ginger garlic paste and fry for a min.**
- **Add white part of the green onion, asafoetida, all veggie's(cabbage,carrot, bell pepper, green part of the onions and dried methi leaves) add one by one and fry for a 1-2mins. To that add turmeric, coriander powder,**

red chilly powder, cumin powder and garam masala. Add little water, mix and fry for 1-2 mins.(Don't add too much of water and salt). Once it done, switch off the flame.

- In a wide bowl, add wheat flour, to that add salt, oil, veggie mixture and warm water. Mix well. Knead the dough like you do for chapathi. Keep aside for 15 mins.



- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin roti's



- Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
- Serve it with onion raita or pickle or any subzi.



Tips

- **Finely chop the vegetables for this paratha.**
- **Don't add salt to veggie mixture as it makes the mixture soggy.**
- **Good Accompaniment for Stuffed paratha is onion raita.**
- **You can add any vegetable of your choice for stuffing.**



Health Benefits of Veggie Medley

- **Vegetables are home for antioxidants.**
 - **Vegetables are packed with soluble and insoluble fibers.**
 - **They are rich in vitamins and minerals.**
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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.**

Grilled Guacamole Sandwich



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](#)