

# 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>



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# FENUGREEK LEAVES CHAPATHI | METHI ROTI | ROTI RECIPE



*Methi Roti are simply, healthy dish for breakfast or lunch or dinner. As fenugreek Leaves are enriched with minerals like potassium, calcium and Iron. Including fenugreek once or twice a week in diet is good for health. Methi roti can be served with any raita or subzi.*

## **Ingredients**

**1 Cup of Whole Wheat Flour**

**1/2 Cup of Fresh methi leaves/Dried Methi Leaves**

**2 Tbsp of Oil**  
**2 Tbsp of Milk**  
**1/2 Tsp of Turmeric**  
**1/2 Tsp of Chilly Powder**  
**1/2 Tsp of Coriander Powder**  
**1 Tsp of Cumin**  
**1/2-3/4 Cups of Warm Water**  
**Salt as needed**

## **Method**



- **Seperate the fenugreek leaves from the bunches and wash well.**
- **Cut them very small as possible. I used dried methi leaves as I didn't get fresh methi leaves.**
- **Take a required water in a kettle and boil it.**
- **In the mean time take a wide bowl and add flour, methi leaves, salt, oil, milk, turmeric, chilly powder, coriander powder and cumin.**
- **Now add boiled water to the bowl containing flour. Mix well with fork and make a dough like you do for chapathi's. 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 roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
- Serve with it onion raita or aloo palak or any subzi.

### Tips

- When you use fresh methi leaves saute well in oil before adding to flour
- You can add butter instead of oil.
- Adding warm water and milk makes roti's soft.



### Health Benefits of Methi or Fenugreek Leaves

- Lowering Diabetes I and II
- High in dietary fiber and Vitamin C
- Lowers serum cholesterol.

- **Improves digestion.**
  - **Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.**
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## **Multicolored Oats Upma**



*Now-a-days oats are getting popular because of health benefits. Instead of having oats porridge as breakfast, I want to try something different. One such easy breakfast recipe is oats upma which is healthy and nutritious.*

## Ingredients

1/2 Cup of Oats  
1/4 Cup of Onion  
2 Tbsp of Chopped Tomato  
1 Green Chilly  
1 Tsp of Ginger Garlic Paste  
2 Tbsp of Peas  
2 Tbsp of Chopped carrot  
1 Tbsp of Peanut  
1 Tbsp of Corn  
1/2 Tsp of Turmeric  
2 Tbsp of Chopped Cilantro  
1/2 Cup-3/4 Cup of Water  
Salt as needed

## To Temper

2 Tbsp of oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Tsp of Channa Dal  
1 Red Chilly  
A Pinch Of Asafoetida  
Few Curry Leaves

## Method



- Heat oil in pan and add “To Temper” ingredients. Add Mustard after it crackles add urad dal, red chillies, channa dal, asafoetida and curry leaves.
- Add onions, green chilly, ginger garlic paste and saute well till onions turns translucent.
- Add turmeric and chopped tomato, saute well.
- Add all vegetables(carrot, peas, corn) and peanuts. Saute for few mins.
- Then add required water and salt.
- When water come to boil, simmer the flame and add oats, cover and cook till it done.
- Garnish with Chopped Cilantro.
- Serve yummy oats upma with any chutney.

### Tips

- You can dry roast oats before adding to pan.
- Cook in low flame as oats sticks to the pan.
- Adding Coconut gives different taste.

## Multicoloured Oats Upma



### Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.