

Yogurt Veg Sandwich / Curd Sandwich

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YOGURT VEG SANDWICH

Yogurt veg sandwich / curd sandwich / dahi sandwich are easy to make, healthy and filling vegetarian sandwich. Sandwiches are my favourite food and I make it often at home for breakfast or lunch or dinner. I love experimenting sandwiches with lot of vegetables. Use any vegetables or [bread](#) of your choice for this sandwich. Here I used European style bread which I got from Trader joes. This is a great vegetarian

sandwich for kids lunch box or to pack for picnic. You can find lot of sandwich ideas like on my blog like [cucumber tomato sandwich](#), [guacamole alfaalfa sprouts sandwich](#), [ricotta cheese sandwich](#), [rajma aloo cutlet sandwich](#), [mint chutney cucumber sandwich](#), [mushroom, cucumber, tomato sandwich](#), [almond butter jelly sandwich](#)

Yogurt Veg Sandwich / Curd Sandwich

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Yogurt Veg Sandwich / Curd Sandwich



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Prep time

10 mins

Cook time

2 mins

Total time

12 mins

Yogurt veg sandwich / curd sandwich / dahi sandwich is a healthy, fresh, filling vegetarian sandwich. Great to pack for kids lunch box or picnic or get together.

Author: Gayathri Ramanan

Recipe type: sandwich

Cuisine: American

Serves: 2

Ingredients

- 2 German bread or any bread
- $\frac{1}{4}$ Cup of thick yogurt (curd)
- 2 Tbsp of carrots, finely chopped
- 2 Tbsp of cabbage, finely chopped
- 2 Tbsp of green capsicum (bell pepper), finely chopped
- 4 cherry tomatoes, chopped
- Salt and pepper to taste
- 2 Tsp of Honey

Instructions

1. Wash and chop all the vegetables(cabbage, carrots, tomato, capsicum)
2. In a bowl, mix vegetables, yogurt, salt, pepper and honey.
3. Toast the bread with ghee or butter or olive oil.
4. In a plate, place the bread, spread the yogurt-vegetable mixture on one bread.
5. Cover it with other bread.
6. Yogurt sandwich is ready to eat.
7. Serve it with tomato ketchup or soup.

Notes

Always use thick yogurt, otherwise sandwich will turn soggy.

Use any vegetables of your choice.

Use any bread preferably whole wheat bread .

Replace mayo instead of yogurt.

CURD SANDWICH



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Tags: [Yogurt Veg Sandwich](#), [yogurt sandwich](#), [yogurt sandwich recipe](#), [Curd Sandwich](#), [dahi sandwich recipe](#), [sandwich ideas](#), [vegetarian sandwich recipes](#), [indian style sandwich recipe](#).

[Rava Kara Paniyaram Recipe / Easy Breakfast Recipe](#)



Rava Kara Paniyaram Recipe is a quick to make south Indian breakfast dish. This instant spicy paniyaram tastes delicious with [coconut chutney](#) or [tomato chutney](#). I saw this recipe on a tv show few months back and I wanted to try it for long time. Yesterday I tried this sooji paniyaram for breakfast, it turned out awesome and it looks cute. They are golden crispy on outside and spongy on inside. You cannot keep counting on how many you ate, it just vanishes from the plate. You can add any vegetables or tiny bits of coconut to the batter to make this paniyaram even more tasty and healthy. Try this rava kara paniyaram for kids after school snack, they will enjoy it for sure. Also check my [chettinadu style kara paniyaram](#) , [quinoa paniyaram](#) and [oats paniyaram](#) in my blog.

How to make Rava Kara Paniyaram recipe

Rava Kara Paniyaram Recipe / Easy Breakfast Recipe



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Prep time

15 mins

Cook time

30 mins

Total time

45 mins

Rava kara paniyaram is a quick to make Instant breakfast dish made with sooji, curd and spices. It goes well with coconut chutney or tomato chutney.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 20 small paniyaram

Ingredients

- 1 Cup of Roasted Rava (sooji)
- $\frac{1}{2}$ Cup of Curd (Yogurt)
- $\frac{1}{2}$ Inch of Ginger, Finely Chopped
- 2 Green Chilly, Finely Chopped
- $\frac{1}{2}$ Tsp of Baking Soda
- $\frac{3}{4}$ Cup + 2 Tbsp of Water
- Salt to taste
- Oil as needed

- To Temper
- 1 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry leaves
- 1 Tsp of Channa Dal (bengal gram)
- Pinch of Turmeric Powder
- 1 Medium sized Red Onion, Finely Chopped

Instructions

1. Heat a pan, add rava dry roast it for few mins until nice aroma comes. Transfer it to a bowl, let it cool down for 5 mins.
2. To that bowl, add curd, green chilly, ginger, baking soda, salt and water. Mix it well.
3. Meanwhile, heat a pan with oil, temper it with mustard seeds, urad dal, bengal gram, curry leaves, after it pops up, add turmeric powder and onion, fry well until golden brown and transfer it to the batter and mix it well.
4. Heat the paniyaram pan, fill each hole with a tsp of oil and pour the spoonful of batter to each hole.
5. Cover it with a lid and cook it for few mins until it turns golden brown. Flip it to other side and cook for few mins.
6. Hot, yummy rava paniyaram is ready. Serve it with coconut chutney.

Notes

I recommend you to use cast iron paniyaram pan or non stick pan while making paniyaram.

You can enhance the taste by adding grated vegetables of your choice.

Adding ginger is for easy digestion.

Adjust the no of green chilly according to your taste.

You can also make paniyaram without tempering.



tags: [rava kara paniyaram recipe](#), [rava kuzhi paniyaram](#), [kuzhi paniyaram](#), [paniyaram recipe](#), [Indian breakfast ideas](#), [rava paniyaram](#), [kara paniyaram recipe](#), [spicy paniyaram recipe](#), [sooji paniyaram](#), [semolina paniyaram recipe](#), [kids after school snack](#).

Indian Style Vegetarian Pasta Recipe



Indian style Vegetarian Pasta recipe is an easy, yummy kids breakfast dish made with basic pantry ingredients. Usually pasta can be made with sauces like tomato sauce or white sauce. This pasta recipe is made without sauce, here I used Indian aromatic spices and veggies to make the pasta dish more flavorful, healthy and tasty. You can pack this pasta for kids lunch box or it makes a great after school snack. Try it you will love it.

Also check my other pasta recipes

1. [Mushroom tricolour pepper pasta](#)
2. [Pasta Salad with thousand Island dressing](#)
3. [Creamy Avocado Pasta](#)
4. [Chessy Vegetable Pasta](#)
5. [Basil Pesto Pasta](#)
6. [Elbow pasta with broccoli, tomatoes and olives](#)

Indian Style Vegetarian Pasta Recipe



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Prep time

20 mins

Cook time

20 mins

Total time

40 mins

Indian Style Vegetarian Pasta Recipe is an easy , yummy kids breakfast dish made with fusilli pasta and Indian spices.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2 people

Ingredients

- 1 Cup of Fusilli Pasta
- 1 Onion, Sliced
- 2 Garlic, Chopped
- 1 Tomato, Chopped

- 1 Carrot, Chopped
- 1 Capsicum, Chopped
- $\frac{1}{4}$ Tsp of Turmeric Powder
- 1 Tsp of Sambar Powder
- $\frac{1}{2}$ Tsp of Garam Masala
- $\frac{1}{4}$ Tsp of Cumin Powder
- Salt to taste
- 2 Tsp of Butter or Olive Oil
- 1 Tsp of Mustard Seeds
- Few Curry Leaves
- Few Coriander Leaves
- 2 Spring Onions(green onion), Chopped

Instructions

1. Cook the pasta according to package instructions. Drain the water and keep it aside.
2. Heat a pan with oil or butter, add mustard seeds and curry leaves, after it pops up.
3. Add onion and garlic, fry until it turns golden brown colour.
4. Add tomato, fry until it turns soft.
5. Add all the masala powder- turmeric powder, sambar powder, cumin powder and garam masala, fry for a min.
6. Add all the veggies, fry well for a min and add water, cook it few mins. Do not over cook the veggies.
7. Add the pasta, mix really well and cook for sometimes until it absorbs all masala, finally garnish it with coriander leaves and chopped spring onions. Turn off the stove.
8. Serve hot with ketchup.

Notes

add any vegetables of your choice.

You can use any kinds of pasta.

Dont have sambar powder, add 2 tsp of coriander powder and 1 tsp of red chilly powder. Otherwise add pepper powder alone.

Butter adds a nice flavor.

Indian Style Vegetarian Pasta



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Tags: [Indian style Vegetarian Pasta recipe](#) , [vegetarian pasta recipe](#) , [pasta recipes vegetarian ideas](#) , [pasta recipe indian style](#) , [indian masala pasta](#) , [kids easy breakfast recipe](#) .