

# Cucumber Tomato Sandwich Recipe / Picnic Sandwich



Cucumber tomato sandwich recipe is a easiest and quick to make, filling sandwich for breakfast or snacks. You can also take this sandwich for picnics. Even beginner or bachelor can make this go-to sandwich to office by wrapping them in aluminum foil. Here I used whole wheat bread, you can use any bread of your choice. I have seen this kind of sandwiches in

many bakeries in India where they use butter / mayo, tomato, cucumber, salt and pepper. I already posted Indian version of [tea sandwich](#). Try this easy sandwich and include fresh veggies in you diet.

## How to make Cucumber Tomato Sandwich Recipe

Cucumber Tomato Sandwich Recipe / Picnic Sandwich Recipe



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Cucumber Tomato Sandwich Recipe is a easiest and quick to make, filling sandwich for breakfast or snacks. You can also take this sandwich for picnics. Serve this cucumber tomato sandwich with potato chips and soda.

Author: Gayathri Ramanan

Recipe type: Sandwich

Cuisine: American

Serves: 1

Ingredients

- 2 Whole Wheat Bread
- 6 Slices of Cucumber
- 5 Slices of Tomato
- 1 Tbsp of Butter (Unsalted)
- Salt and Black Pepper Powder to taste
- 2 Tbsp of Vegannaise / Mayonnaise

## Instructions

1. Wash and finely slice the cucumber and tomato.
2. Apply a tsp of butter evenly on single side of every bread and toast it in a toaster till golden brown.
3. Trim the edges of bread, if you want.
4. Place the bread in a plate, spread the eggless mayo on single side of both the bread, arrange the cucumber and tomato slices.
5. Add salt and pepper powder to taste.
6. Place the other bread on top and lightly press it.
7. Cut the sandwich diagonally or vertically while serving.
8. Serve this cucumber tomato sandwich with potato chips and soda.

## Notes

You can use any bread of your choice.

You can use ghee (clarified butter) in place of butter.

If you have mint chutney, you can spread it bread in place of mayo for healthy version.



Tags: [cucumber tomato sandwich recipe](#), [cucumber sandwich](#), [tomato sandwich](#), [easy breakfast sandwich](#), [picnic sandwich](#), [healthy sandwich](#), [sandwich recipe for kids](#), [bachelor sandwich ideas](#), [how to make cucumber tomato sandwich recipe](#), [prepare tea sandwich](#), [Indian easy breakfast recipe](#)

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## [Eggless Whole Wheat Zucchini](#)

# Pancakes



Today I am sharing a popular International breakfast dish – Pancakes. Here is a eggless whole wheat zucchini pancakes recipe for you. You can make a simple and easy pancakes without adding any veggies or fruits. Being vegetarian, I haven't tasted any pancakes in any restaurant as they add eggs in pancake batter. So I decided to try at home. Usually pancakes are made with all purpose flour (maida) and it is unhealthy so I searched for soft, fluffy whole wheat egg free pancake recipe in google and I referred this [site](#) and made few changes, added some grated zucchini to the batter to make it healthy. It tastes really great with maple syrup and butter. Do try this pancake recipe for breakfast to kids, I

bet they will love them. Do not avoid baking powder which actually does the trick. For vegan version of pancake, add soy milk or almond milk in place of cow's milk. Also check my [eggless blueberry pancake recipe](#)



*Eggless Whole Wheat Pancakes*

## How to make Eggless Whole Wheat Zucchini Pancakes

5.0 from 1 reviews

Eggless Whole Wheat Zucchini Pancakes



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Prep time

10 mins

Cook time

15 mins

Total time

25 mins

Eggless Whole Wheat Zucchini Pancakes are soft and fluffy American's favourite breakfast recipe. Serve it with butter and maple syrup on top and fruits.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: American

Serves: 6

Ingredients

- 1 Cup of Whole Wheat Flour
- 1 Tbsp of Baking Powder
- 1 Tbsp of Sugar
- $\frac{1}{4}$  Tsp of Salt
- 1 Cup of Milk
- 2 Tbsp of Oil
- $\frac{1}{2}$  Cup of Zucchini (grated)
- $\frac{1}{2}$  Tsp of Vanilla Essence

Instructions

1. Wash, peel the skin and grate the zucchini finely.
2. In a bowl, add whole wheat flour, baking powder, sugar

and salt. Mix everything thoroughly. Add oil, milk and vanilla essence. Whisk well without forming any lumps. Finally add grated zucchini to the batter and mix well.

3. Heat cast iron pan, spray some oil and wipe it with paper towel, for each pancake, add  $\frac{1}{4}$  cup of batter to the hot griddle.
4. Turn the pancake to other side when you see bubbles on top and cook till it turns golden brown.
5. Hot, soft and fluffy eggless whole wheat zucchini pancakes are ready to serve.
6. While serving top it with butter and maple syrup or honey.

### Notes

Always use cast iron skillet to make pancakes.

Do not skip baking powder. Do not use baking powder more than mentioned amount.

You can add butter in place of oil.

Always cook in medium flame.

If you don't like wheat taste, replace it with all purpose flour (maida).

Always make pancake thick not thin.

Use the same laddle for all pancakes to get same size and do not spread like dosa.



**Tags:** [Eggless Whole Wheat Zucchini Pancakes](#), [eggless pancakes](#), [whole wheat pancakes](#), [100% whole wheat pancakes](#), [zucchini pancakes](#), [breakfast pancake recipe](#), [pancake recipe](#), [soft and fluffy pancakes](#), [vegan pancakes](#), [easy whole wheat pancakes](#), [how to make eggfree pancakes at home](#), [prepare wheat eggless pancakes.](#), [american breakfast recipe](#), [breakfast pancakes](#), [easy breakfast ideas](#)

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## [QUINOA KUZHI PANIYARAM RECIPE](#) [/ QUINOA RECIPES](#)



Quinoa is considered as super food which is loaded with lots of antioxidants, protein , fiber, iron, vitamins and other minerals. This grain is getting more popular, has low glycemic index and it is gluten free. You can replace quinoa with rice, I know it is expensive but it has lot of health benefits like lowering cholesterol, good for digestion, lowers blood sugar level and cures heart diseases. Nowadays I am trying few recipes with quinoa. I already posted [quinoa dosa](#) few months

back and I made quinoa biryani which I will post in coming weeks. Few weeks back, my mom made thinai paniyaram and said it came out good. I don't get thinai (foxtail millet) in my place so I replaced with quinoa. The outcome was good and tasty.

Quinoa kuzhi paniyaram recipe (Quinoa Lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Here I used [red quinoa](#) which I got from walmart. You can use any kind of quinoa. If you don't get quinoa, replace it with thinai (foxtail millet). You can make even dosa with the same batter. In [traditional kuzhi paniyaram](#), we add seasonings to the batter, but here I skipped that. If you want, you can add seasonings or grated carrots to the batter and make paniyaram. Make this quinoa paniyaram for breakfast or dinner or evening snacks for kids. Serve this paniyaram with [coconut chutney](#) or [tomato chutney](#).

## HOW TO MAKE QUINOA KUZHI PANIYARAM RECIPE

QUINOA KUZHI PANIYARAM RECIPE / QUINOA RECIPE



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Prep time

14 hours

Cook time

30 mins

Total time

14 hours 30 mins

Quinoa kuzhi paniyaram recipe (quinoa lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Serve this paniyaram with coconut chutney or tomato chutney.

Author: Gayathri Ramanan

Recipe type: BREAKFAST

Cuisine: Indian

Serves: 50 small paniyaram

Ingredients

- 1 Cup of Idly Rice
- 1 Cup of Quinoa, I used red quinoa
- $\frac{1}{2}$  Cup of Urad Dal
- 1 Tsp of Fenugreek
- Salt to taste
- Oil as needed
- Water as needed

Instructions

1. Soak idly rice, quinoa, urad dal, fenugreek together in a bowl for overnight.
2. Next day, wash twice in tap water and grind it in a grinder / mixie with required water to a smooth paste. Add salt and mix well with hand.
3. Leave it outside to ferment for 5-6 hrs.
4. Add oil and pour the batter in the preheated, oil-greased kuzhi paniyaram pan (aebleskivar pan) and cook till done.
5. Turn over the paniyaram with the help of a skewer and cook the other side.
6. Remove the paniyaram from the pan after it turns golden brown color .
7. Ready to serve with tomato chutney or coconut chutney.

Notes

Best side dishes are coconut chutney and tomato chutney.

You can use any kind of quinoa to make this paniyaram.

If you don't get quinoa, replace it with thinai (foxtail millet).

You can make even dosa with the same batter.

Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.

Do not leave the batter outside for more than 6 hrs. Batter will turn tangy in taste.

You can refrigerate batter for 2 days. After that it will turns sour in taste.

For a healthier version, add grated carrot and chopped spinach to the batter.

# Quinoa Lentil Balls



Tags: [quinoa kuzhi paniyaram recipe](#), [quinoa paniyaram](#), [quinoa recipes](#), [quinoa Indian recipes](#), [quinoa recipe ideas](#), [how to make quinoa paniyaram](#), [prepare quinoa paniyaram](#), [kuzhi paniyaram recipe](#), [easy quinoa recipe](#), [quinoa lentil balls](#), [healthy Indian breakfast recipes](#), [kids snacks healthy](#), [gluten free breakfast recipes](#), [vegan Indian breakfast recipe](#), [thinai paniyaram recipe](#)