

Vegetarian Sandwich with Soy Crumbles and Mushroom

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Vegetarian Sandwich with Soy Crumbles and Mushroom Recipe

Healthy and protein packed sandwich is a perfect substitute for meat because of the presence of soy crumbles and mushroom in it. This sandwich is really delicious, quick to make recipe. You can have this either for breakfast or lunch or dinner. Enjoy this delicious and hearty complete protein substitute sandwich with a bowl of soup, potato chips and soda.

Ingredients

4 Whole Wheat Bread
1/2 Cup of Soy Crumbles (Meatless Ground)
5 Whole Baby Bella Mushroom, Sliced
2 Roma Tomatoes, Sliced
4 Romaine Lettuce
1 Medium Size Onion, Chopped
1/2 Tsp of Red Chilly Flakes
1 Tsp of Garlic Powder
Salt and Pepper to taste
3 Tsp of Oil / Butter
4 Tbsp of Mayonnaise / Vegennaise
Honey Mustard or Dijon Mustard

Method

- Heat oil in a pan, add red chilly flakes and chopped onion, saute this for 2 mins until it turns golden brown.
- Add soy crumbles, mushroom, garlic powder, salt and pepper, cook this for 3 – 5 mins. Once it done, keep this aside.

For the sandwich build

- Apply mayonnaise or vegennaise on each side of bread.
- Place sauteed soy crumbles and mushroom over mayonnaise on each side of bread.
- Place slice tomatoes and lettuce over the top of sauteed soy crumbles and mushroom. Apply honey mustard or Dijon mustard over the top of tomatoes.
- Assemble your sandwich by gently pressing the two slices of bread together.
- Toast the bread in skillet with lid and grill until it changes color and flip over; Hot sandwich is ready to eat.



Tips

- Serve it with a bowl of any soup or potato chips.
- Use any sort of cheese or bread of your choice.

- For dressing, you can use ranch or red wine vinaigrette.

Health Benefits of Vegetarian Sandwich

Vegetarian sandwich consists of soy crumbles and mushroom placed between two slices of bread, Mushrooms are high in protein and anti-oxidants, low in calories and fat. Soy crumbles are best alternative to beef or any meat, also good for cardiovascular or digestive system.



Vegetable Dum Biryani Recipe

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Biryani originated in Persia and derived from the farsi word " Birian ". Dum biryani is a rice based dish made with rice, vegetables and spices. The variety of rice used in biryani dish is long grain rice. In this dish, rice and vegetable gravy are cooked separately and then brought together and layered, cooked on dum (slow heat) resulting in a dish with full of aroma and flavors. Mainly the rice and spices which gives wholesome aroma to the biryani.

Ingredients

- 1 Cup of Basmati Rice
- 1 and 1/2 Cup of Water
- 1 Large Onion, Finely Chopped

1 Medium Size Tomato, Finely Chopped
2 Tsp of Ginger Garlic Paste
3 Green Chillies
1 Big Carrot, Finely Chopped
1/4 Cup of Green Bell Pepper (Capsicum)
1/4 Cup of Mushroom, Finely Chopped
1/4 Cup of Peas
1/4 Cup of Beans
2 Tbsp of Curd / Yogurt
1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1 Tsp of Garam Masala
7-10 Mint Leaves
Few Coriander Leaves
Few Cashew Nut, to top
1 Tbsp of French Fried Onion
Salt to taste

To Temper

2 Tbsp of Oil
2 Tsp of Ghee
2 Cloves
1 Cinnamon Stick
1 Cardamom
1 Bay Leaves
1 Star Anise

Method

For the rice (Stove top method)

- **Soak the basmati rice for 1/2 hour.**
- **In a heavy bottomed pan, add rice and water, bring it to a rolling boil, turn the heat to low. Cover the pan with a lid. Cook it for 10 mins until the rice is tender and water has evaporated. Turn off the heat and fluff rice**

is ready.

To make the vegetable curry

- Heat oil and ghee in another pan, add cloves, cinnamon, cardamom, bay leaves and star anise, fry for a min.
- Add ginger garlic paste, green chillies and mint, fry for 1-2 mins until raw smell vanishes.
- Add chopped onion and salt, saute this for 1-2 mins until it turns golden brown color.
- Add chopped tomato, saute this for a min.
- Add all vegetables (carrot, beans, peas, capsicum & mushroom), coriander powder, red chilly powder and garam masala, saute this for 2 mins.
- Add thick curd, mix well with the vegetables. Sprinkle some water and cover the pan with a lid, cook it for 3-4 mins in a medium flame. Check the salt. Once it done, switch off the stove.

Dum the biryani

- Take a heavy bottomed vessel, add 1 tsp of ghee, first layer the white rice on the bottom of a pan. Spread it evenly. Then layer the vegetable curry on top of the rice, spread it evenly.
- Repeat this process with rice and vegetable gravy. Finally sprinkle some cashews, french fried onions, mint and coriander leaves over the rice.
- Now cover the pan tightly and dum (pressurize) it for 15 mins in medium low flame. Mix well all the ingredients and serve hot.



- **Serve with onion raita or any gravy of your choice or potato chips or pickle.**



Tips

- **You can sprinkle saffron + milk to the top of the rice while making dum, gives nice color to the dish.**
- **You can add chopped potatoes, cauliflowers and panner to this recipe.**
- **If you want more tangy side, add lemon juice.**
- **If you don't get french fried onions, you can also deep fry the onions at home.**
- **You can make this biryani either in stove top or oven or pressure cooker.**



Health Benefits of Vegetables

- Vegetables are home for antioxidants.
 - Vegetables are packed with soluble and insoluble fibers.
 - They are rich in vitamins and minerals.
 - Spices like cinnamom has anti microbial property and controls sugar levels.
 - Cardamom good for heart burn and increases blood circulation.
 - Cloves good for teeth pain, boosts metabolism and immune system.
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Creamy Avocado Pasta



I'm a big fan of avocado. I always eat avocado in a guacamole form. They are really very good for our health because of the presence of vitamins & good fat in it. For a change, I tried with pasta, it tastes really yummy.

Just Avocado, that's all you need for this delicious avocado pasta.

No cheese..

No butter..

No Cream..

It's taste really wonderful how creaminess of avocado replaces the creaminess of using traditional alfredo sauce. Addition of lemon juice gives a tangy taste. Chopped onion,

tomato and garlic flavor gives a extra kick to this dish. On the whole, avocado gives the pasta, a gorgeous green color. This dish is very easy to make and it can be on your table in 15 mins.

Ingredients

2 Handful of Multigrain Spaghetti
1 Large Avocado
1 Medium size Onion, Chopped
1 Roma Tomato, Chopped
1/2 Tsp of Garlic Powder
Dash of Black Pepper Powder
Dash of Salt
1 Tsp of Lemon Juice
2 Tbsp of Cilantro Leaves
1 Tbsp of Vegennaise or Mayonnaise (Opt)

Method

Cook Pasta

- **Bring a large pot of salted water to a boil and cook spaghetti according to package directions. Once it done, drain the water and rinse it well with cold water to avoid stickiness. Keep this aside.**

Prepare avocado Sauce

- **Chop onions and tomatoes into a small pieces and set aside.**
- **Add avocado to a bowl, then use a fork or spoon to mash into chunky paste. Add chopped onion, tomato, garlic powder, lemon juice, cilantro, salt and pepper. For extra creaminess, add vegennaise to it, mix well. Taste it and adjust salt and pepper accordingly.**

Here is the video for you to make guacamole

Combine sauce and pasta

Combine both pasta and sauce in a bowl. Use two spoons or tongs to toss. Serve immediately. Make 2 servings.

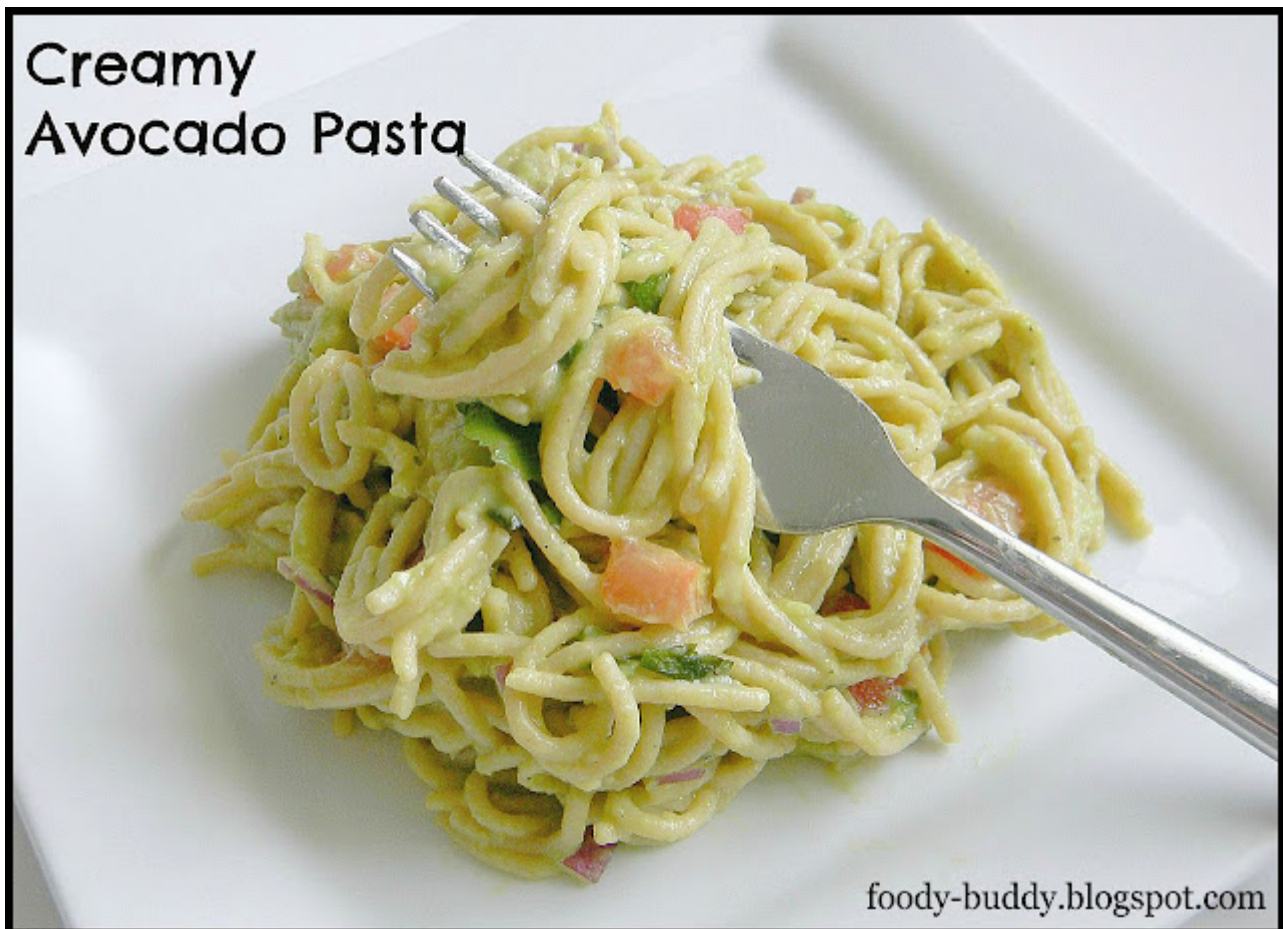


Tips

- Buy avocado 2-3 days in advance of your preparation day. Most avocado you find in store are rock hard so leave them outside to soften up for few days. This is to speed up the ripening process.
- Use avocado when it is in dark green colour.
- Onions are the mainstay for this recipe. It gives distinct flavor.
- If you don't have garlic powder or use crushed garlic or try with rest of the ingredients.
- If you have any unused avocado, store them with seed so that you can use it later. Other trick is adding lime

juice which prevents avocado from oxidation.

- Do not reheat the pasta dish due to avocado in the sauce. Serve immediately.
- Pasta dish is best eaten on the day it is made.



Health Benefits of Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.

Creamy Avocado Pasta



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