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Thank you !!!

## [AMERICAN RECIPES](#)



### [Sandwiches](#)

- [Portobello Mushroom Burger](#)
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## Other American Breakfast Ideas

- Steel Cut oats with fruits and nuts
- Raspberry Breakfast Bars
- Eggless Blueberry Pancakes
- Eggless Whole Wheat Zucchini Pancakes

## BAKING



- Vegan Eggless Chocolate Cake With Peanut Butter Frosting
- Eggless Pineapple Upside Down Cake (video)
- Eggless Rose Cornflakes Cookies
- British Digestive Biscuits (Eggless)
- Baked Wheat Biscuits (Low Fat)
- Eggless Microwave brownie in 2 mins
- 2 mins Microwave Chocolate Pistachio Fudge
- Savory Semolina Cake(Eggless)
- Bakery Style Coconut Bun stuffed with tutti frutti
- Whole Wheat Sandwich Bread
- Whole Wheat Burger Buns
- Bread Machine Whole Wheat Bread
- Eggless Banana Pecan Bread
- Jalapeno Cheddar Cornbread Without Eggs
- Easy Bread Recipe Without Yeast
- Single Serving Microwave Chocolate Cake
- Carrot Walnut Cake (No eggs no butter)
- Eggless Vanilla Strawberry Mug Cake (Microwave)
- Eggless Dates Walnut Brazilnut Cake
- Eggless Vanilla Sponge Cake
- Eggless Chocolate Muffins
- Oat Bran Banana Muffin
- Eggless Cranberry Orange Pistachio Muffins

- Eggless Vanilla Cupcakes
- Eggless Blueberry Muffins
- Eggless Mango Coconut Muffins
- Coconut oatmeal cookies
- Eggless Peanut Butter Cookies
- Mini Apple Walnut Pie
- Green Bean Casserole
- Nan Khatai, Eggless Indian Cookies
- Whole Wheat Bagels
- Raspberry Breakfast Bars

## Soups and Salad



- Cream of Mushroom Soup
- Roasted Poblano Corn Chowder Soup (Rick Bayless Restaurant Style)
- Creamy Carrot and Potato Soup
- Kollu soup / Horsegram Soup
- Knol Kohl Avarampoo Soup for Diabetes control
- Murugakeerai Soup
- Parsley Soup
- Easy Black Bean Soup
- Cabbage Soup for Weight Watchers
- Cold Pasta Salad with 1000 Island Dressing
- Easy Arugula Bean Salad with cottage cheese
- Kale Guacamole Salad
- Zucchini Yogurt Salad
- Cucumber Yogurt Salad
- Vegetarian Taco Salad
- Fruit salad with yogurt and honey dressing
- Potato Salad
- 5 spices Moroccan couscous salad
- Roasted Chickpeas and Spinach salad

- Black Beans Salad
- Vegetarian Black Bean Chilli
- Stir Fried Asparagus with Mushroom
- Simple Peruvian/Mayocoba Salad
- Fresh Roma Tomato and Cucumber Salsa

## BREAKFAST/ DINNER

### Upma Varieties and Kozhukkattai



- Samaai Kanji (little millet porridge)
- Ragi Koozh (finger millet porridge)
- Milagu Aval
- Mushroom Idly Fry
- Thayir Semiya
- Vermicilli (Semiya) Biryani
- Savory Semolina Cake(Eggless)
- Multicoloured Oats Upma
- Bread Upma
- Matta Rice Flakes/Sigappu Arisi Aval Upma
- Puli Aval
- Ragi Semiya Upma
- Red Aval Kollukattai
- Sweet Aval Kozhukkattai
- Ellu Kozhukkattai
- Sigappu Arisi (Red Rice) Kara Kozhukkattai
- Sigappu Arisi (Red Rice) Sweet Kozhukkattai
- Chocolate Coconut Modak
- Sprouted Green Gram Mani Kozhukkattai
- Pancha Khadya Modak
- Peanut Coconut Kozhukkattai
- Kerala Style Puttu Recipe (Red Rice Flour)
- Ulundhu Kali / Urad Dal Kali
- Vendhaya (fenugreek) Kali

# Gujarati Recipe

## 1. Instant Dhokla

## Roti / Chapathi / Paratha



- Parotta (Tamilnadu style) – video
- Butter Garlic Cilantro Naan without yeast
- Chole Bhatura
- Aloo Paratha
- Soft Phulka – video
- Soft Layered Square Chapathi
- Mooli Paratha
- Spinach Laccha Paratha
- Mint Paratha
- Roomali Roti
- Missi Roti
- Methi Roti
- Bajra Spinach Roti
- Coconut Paratha
- Avocado Chapathi
- Makki Ki Roti
- Mixed Vegetable Paratha
- Onion Stuffed Paratha
- Poori
- Methi Poori
- Multigrain Chapathi
- Chapathi Vegetable Noodles

## Dosa / Idly / Paniyaram



- Kanchipuram Idly
- Vendaya Idli (Fenugreek Idly)
- Rava Idly
- Samai Idly (little millet idly)
- Kuzhi Paniyaram
- Quinoa Paniyaram
- Oats Paniyaram
- Rava Paniyaram
- Idiyappam
- Lemon Idiyappam
- Whole Wheat Idiyappam
- Barley Adai
- Oats Dosa
- Kale Dosa
- Sorghum / jowar / Cholam Dosa
- Toor Dal Dosa
- Oats Aval(poha) Dosa
- Quinoa Dosa
- Hotel Style Onion Rava Dosa
- Oats Paniyaram
- Adai Dosa
- Spongy Aval Dosa
- Onion Carrot Bread Uthappam
- Healthy Mixed Vegetable Dosa
- Bajra / Kambu Dosa
- Leftover Magic Dosa
- Masala Wheat Dosa
- Tomato Lentil Dosa
- Pesarattu/ Green Moong Dal Dosa
- Quinoa Pesarattu
- Appam
- Uppu urundai / Kara Kollukattai

## Pongal Recipe

- Venpongal
- Rava Pongal
- Samai Venpongal
- Oats Pongal
- Godhumai Rava (cracked wheat) Pongal

## CHUTNEY



- Hotel Style Coconut Chutney
- Mint Coconut Chutney
- Carrot Coconut Chutney
- Spicy Onion Garlic Chutney
- Bombay Chutney
- Kumbakonam Kadappa
- Paruppu Thogayal ( Dal Chutney) without cococnut
- Pudhina Thogayal
- Tiffin Sambar
- Vada Curry with Leftover Vadai
- Small Onion Chutney
- Pirandai Thuvaiyal
- Brinjal Chutney
- Green Chutney
- Onion Chutney
- Peanut Chutney
- Easy Tomato Chutney
- Garlic Chutney
- Onion-Tomato Chutney
- Tomato Chana Dal Chutney
- Vallara Keerai Chutney
- Ridgegourd Skin Chutney
- Urad Dal Chutney
- Ginger Chutney

- Capsicum Chutney
- Gongura Chutney
- Mint coriander chutney (samosa side dish/chaat chutney)

## DAL RECIPES



- Basic Dal Recipe (uppu paruppu)
- Mixed Vegetable Poricha Kootu
- Vazhaipoo Kootu without Coconut
- Keerai Kootu / Amaranth Green Dal Curry
- Basic Dal / Paruppu (South Indian)
- Spinach dal fry
- Moong Dal Tadka
- Yellow Squash Kootu
- Turnip Greens Kootu
- Whole Green Moong Dal
- Dal Maharani
- Kollu Dal / Horse Gram Dal
- Spinach-Bengal gram dal
- Fenugreek Flavored Lentil Curry
- Baby Bok Choy Dal
- Chow Chow Kadalai Paruppu Kootu
- Dal Makhani in crock pot and pressure cooker

## Variety Rice / Biryani /Pulao



- Mushroom Biryani
- Coconut Nut Milk Biryani
- Quinoa Biryani



- Mixed Vegetable Biryani in cooker
- Mint Mushroom Biryani
- 10 mins Garlic Rice
- Sprouts Veg Fried Rice
- Peas Pulao
- Spinach Carrot Pulao
- Samai Sambar Rice
- Gongura Rice
- Bittergourd Masala Rice
- Tawa Pulao (Bombay Style)
- Kuska / Plain Biryani Without Veggies
- Easy and Quick Vegetable Biryani
- Curry Leaves Rice
- Mango Rice
- Betel Leaves Rice
- Mint Pulao
- Coconut Rice With Dal
- Moong dal rice
- Gooseberry Rice
- Jeera Rice
- Lemon Rice
- Tomato Rice
- Methi Pulao
- Quick Mushroom Rice
- Dhaba Style Masala Rice
- Urad Dal Garlic Rice
- Bisibelabath /Bisibelebhat
- Tamarind Rice
- Special Creamy Curd Rice
- Channa Pulao
- Vegetable Pulao(Jain Style)
- Beetroot Pulao
- Capsicum Corn Rice
- Vegetable Dum Biryani
- Peanut Rice
- Arisim Paruppu Sadam

- Tomato Peas Pulao
- Milagu Jeeragam Sadam / Pepper Cumin Rice
- Sundakkai Vathal Sadham/ Dried Turkey Berry Rice

## **SIDE DISH FOR CHAPATHI**



- Chana Saag
- Kala Chana Masala
- Achari Bhindi
- Lauki Kofta Curry
- Mushroom Peas Curry
- Restaurant Style Plain Kurma without vegetables
- Dum Aloo
- Chole Masala
- Matar Paneer
- Green Peas Kurma
- Baby Corn Masala Curry
- Aloo Mutter
- Aloo Palak
- Chickpeas Kurma
- Sarson Ka Saag
- Navratan Korma
- Paneer Tikka
- Paneer Tikka Masala
- Paneer Bhurji
- Lima Beans Curry
- Methi Paneer
- Bhindi or Okra Masala
- Rajma Masala
- Rajma Capsicum Curry
- Baingan Bharta
- Aloo Methi
- Aloo Gobi Masala
- Cauliflower Capsicum Curry
- Rajma (Kidney Beans) Capsicum Curry
- Dal Makhani in crockpot and pressure cooker

- Black Eyed Peas With Mushroom
- Sippy Kalan(oyster mushroom) Korma
- Soya Chunks Mushroom Curry
- Potato Kurma (Restaurant Style)
- Vegetable Korma(Restaurant Style)

## **SIDE DISH FOR RICE**



- Baby Potato Roast
- Mushroom potato fry
- Low Fat Sweet Potato Fries
- Potato Asparagus Fry
- Bittergourd 65
- Potato Roast (Chettinadu Style)
- Yam Fry
- Sweet Potato Fry
- Gobi Manchurian
- Butter Beans Curry
- Beans Mushroom Stir Fry
- Potato Fry
- Stir Fried Asparagus
- Eggplant Fry
- Potato Beans Fry
- Cauliflower Fry
- Pinto Beans Curry
- Cabbage Fry
- Potato with Bell Pepper
- Potato Peas Fry
- Deep Fried Colocasia/ Seppankilangu/ Taro/ Arbi
- Colocasia/ Seppankilangu/ Taro/ Arbi Roast
- Broccoli Stir Fry
- Bitter Gourd Stir Fry
- Broad & Lima Beans Curry(Avarakkai Poriyal)

- Green Beans Paruppu Usili
- Carrot Raita
- Cucumber Raita
- Zucchini Raita
- Aloo Methi
- Urulai Kilangu(Potato) Masiyal
- Thandu Keerai poriyal /Red Amaranthus Stir Fry
- Pudalangai Poriyal / Snake Gourd Milk Gravy
- Pan Fried Cauliflower
- Vazhakkai Podimas / Raw Banana Fry
- Kathirikkai Poriyal (Nepali Style)
- Vendakkai(Okra) Poriyal

## **SOUTH INDIAN RECIPES – Sambhar/kulambu/korma**



- Sippy Kalan Korma
- Potato Kurma (Restaurant Style)
- Mushroom Kulambu (Gravy)
- Verkadalai Kuzhambu (Peanut Gravy)
- Sukku Milagu Kuzhambu (Dry ginger pepper gravy)
- Manathakali Kai Kara Kuzhambu
- Thuthuvalai Kuzhambu
- Vendhaya Kulambu
- Chow Chow Mor Kulambu
- Araikeerai Kadaiyal
- Soya Chunks Mushroom Curry
- Milagu Kuzhambu / Pepper Gravy
- Creamy Spinach
- Vegetable Korma(Restaurant Style)
- Mochai Murungakai Kulambu
- Chickpeas Curry
- Vendakkai Puli Pachadi
- Kerala Avial / Aviyal
- Mushroom Spinach Gravy

- Allepey Mixed vegetable curry
- Beetroot Sambhar
- Green Onion Sambar
- Arachu Vitta Sambar
- Sundakkai Sambhar
- Pottukadalai Sambar (no veggies sambar)
- Potato Masala for Poori
- Vendakkai Vatha Kulambu
- Tomato Rasam
- Kollu Rasam
- Thuthuvalai Rasam
- Strawberry Rasam
- Paruppu Urundai Kulambhu
- Thatta Payir(Karamani) Kara Kulambu
- Tirunelveli Sodhi and Ginger Chutney
- Kerala Kadala Curry

## Homemade Recipes



- Homemade Vegetable Stock
- Homemade Methi Flavored Paneer
- Homemade Mango Jelly
- Homemade Moong Beans Sprout
- Sambar Powder
- Vatha Kulambu Podi
- Coconut Idly Podi
- Paruppu Podi
- Mango Pickle
- Garlic Pickle
- Lemon Pickle – South Indian Style
- Vadu Mango Pickle
- Homemade Dates Syrup Recipe
- How to cook peanuts in pressure cooker
- How to cook millets at home
- How to make kulfi at home

- How to make turmeric Milk at home
- How to make condensed milk at home
- Homemade Moong Sprouts
- Homemade Tomato Puree
- Homemade Pineapple Popsicle
- Jigarthanda Popsicle

## DRINKS



- Jigarthanda Recipe Using Badam Pisin
- Carrot Pineapple Ginger Juice (Detox Juice)
- Strawberry Banana Smoothie
- Power Berry Smoothie
- Chocolate Banana Nut Shake
- Aloe Vera Juice
- Avocado Milk Shake
- Caramelized Banana Milk Shake
- Pome-lemonade
- Gooseberry Juice
- Cantaloupe/Musk Melon Juice
- South Indian Filter Coffee Using Italian Moka pot
- How To Make an English Cup of Tea(video)
- Apple Milkshake
- ABC Detox Nutri Drink
- Sparkling Kiwi Lemonade
- Cardamom Flavored Litchi Milk Shake
- Strawberry Lemonade Iced Tea
- Mixed Fruit Skewers
- Anti-Aging Berry Medley Smoothie
- Pomegranate Blueberry Cooler

## **SNACKS**



- Samosa with potatoes and peas

- Vegetable Puffs
- Spinach Cashew pakoda
- Oats tikki
- Sabudana Aloo Vada ( Sago potato vada)
- Mangalore Bonda
- Pottukadalai Murukku (Roasted chana dal murukku )
- Moong Dal Murukku
- Mullu Murukku Recipe
- Butter Murukku Recipe
- Ribbon Pakoda Recipe With Gram Flour
- Spicy Garlic Karasev
- Aval(Poha)Vada
- Easy oats cutlet (oats tikki)
- Mushroom 65
- Wheat Bonda
- Mysore Bonda
- Matar Kachori
- Maida Seedai
- Rajma Aloo Cutlet
- Banana Flower Fritter/Vazhaipoo Vadai
- Idly Chaat
- Potato Salad
- Sprouted Navadhanya Sundal
- Crispy Dosa Batter Fritters
- Thattai/ Fried Crispy Dal Snack
- Cornflakes Mixture
- Parmesan Cheese Bites
- Spicy Diamond Crackers
- Uppu urundai / Kara Kollukattai
- Medu Vadai
- Baked Omapodi / Sev
- Peanut Chaat
- Sev Papdi Chaat
- Vazhakkai Bajji
- Vegetable Bread Rolls

- Kondakadalai Sundal/Chickpeas Salad
- Peanut Sundal
- Green Peas Sundal

## **SWEETS/DESSERTS**



- Soft badam mysore pak (krishna sweets style)
- Soft Gulab Jamun (Milk Powder)
- Bombay Karachi Halwa
- Kesar Shrikand
- Adhirasam Recipe
- Puran Poli
- Suzhiyam
- Ellu Urundai (sesame seeds balls)
- Kalkandu Sadham (Rice Pudding)
- Sweet Pongal (sakkarai pongal)
- Aval (Poha) Ladoo
- Easy Ragi Almond Ladoo
- Carrot Kheer
- Rice coconut payasam with jaggery
- Red Aval Payasam
- Godhumai Rava Payasam
- Rava Ladoo
- Nei Appam
- Kandharappam
- Kaju Katli/ Cashew Barfi
- Kesari (Sooji Ka Halwa)
- Coconut Burfi
- Paal Kozhukattai with jaggery
- Sweet Aval Pidi Kozhukattai
- Moong Dal Payasam
- Thengai (Coconut) Poorna Kozhukattai
- Moong Dal Sago Payasam
- Sago Payasam
- Yellow Pumpkin Payasam



- Uluntagali/ Urad Dal Halwa
- Rasgulla
- Carrot Halwa (microwave)
- Dates Cocoa Truffles
- Strawberry Frozen Yogurt
- Banana Peanut Butter Ice Cream
- Ellu Kozhukattai

## CHINESE RECIPES



- Egg Fried Rice
- Chinese Vegetarian Fried Rice
- Stir Fried Vegetables
- Chinese Style Spaghetti Noodles
- Veggie Lo Mein Noodles
- Asian Peanut Noodles with Broccoli

## INDO-CHINESE RECIPES



- Fried Rice
- Gobi Manchurian
- Mushroom Manchurian
- Baby Bok Choy Dal

## MEXICAN RECIPES



- Refried Beans Tacos
- Guacamole- Mexican Avocado Dip
- Homemade Refried Beans Cheese Burrito
- Vegetarian Taco Salad
- Cilantro Lime Rice & Mexican Delight
- Black Beans Salad

- Open Torta Wedges
- Vegetarian Black Bean Chili

## ITALIAN RECIPES



- Mushroom and tricolour pepper pasta recipe
- Indian Style Pasta (Vegetarian)
- Elbows with broccoli, roma tomato and green olives
- Cold Pasta Salad with 1000 Island dressing
- Basil Pesto Pasta with Broccoli and Mushroom
- Cheesy Vegetable Pasta
- Creamy Avocado Pasta
- Cilantro almond pesto pasta
- Easy Tortilla Pizza

## JAPANESE RECIPES



- Japanese Style Fried Rice