

Snack



RECIPE

Grilled Vegetable Sandwich

Ingredients

- 3 slices, whole wheat bread
- 2 tbsp, grated cucumber
- 1 tbsp, sliced onion
- 1 tbsp, sliced tomato
- 2 tbsp, finely chopped tomato
- 1 tsp, melted butter
- 1 tbsp, grated carrot
- 1 ½ tbsp, sliced capsicum
- 1 ½ tbsp, cheese spread
- Salt to taste
- Pepper as required

Step by step

Cooking Instructions

Rinse and slice half tomato, onion and capsicum. Finely chop the remaining tomato and remove the seeds.

Rinse, peel and grate the carrot and cucumber.

Mix grated cucumber, carrot and tomato together in cheese spread. Also add salt and pepper to it as per requirement.

On one bread place sliced onion, tomato and capsicum and sprinkle pepper. Cover the sandwich with remaining slice.

On this second slice put the mixture of cheese spread and finish the sandwich by covering it with last slice of bread.

Brush some butter on the top slice.

In a pre-heated grill, place the sandwich carefully with the buttered side facing at the bottom. Now brush some butter on the top side facing you.

Close the grill and grill the sandwich for 2-3 minutes or till crisp and golden. Remove the grilled sandwich with the spatula and serve hot with some ketchup or green chutney

Nutritional values

2-3 Year olds

Energy	11.24 kcal
Protein	25.39% (RDA)*
Calcium	8.68% (RDA)*
Iron	10.41% (RDA)*

4-5 Year olds

Energy	8.82kcal
Protein	21.09% (RDA)*
Calcium	8.68% (RDA)*
Iron	7.2% (RDA)*

***Recommended dietary allowance**

TIPS

- You can cut either in the form of triangles or rectangles. Place some ketchup or green chutney on each half so as to increase color.
- You can also add shredded (boiled) chicken or paneer, if required.
- Instead of putting capsicum raw, you can grill in oil or butter along with herbs so that it becomes soft.
- When cheese spread isn't available. Mix hung curd and some milk cream to make the spread.