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Saute bell pepper

Garlic and herb bell peppers are easy to prepare and can be served as an appetizer. It is very healthy and spicy peppers recipe which is very easy to prepare. Remove seeds and ribs from peppers and cut into strips.

How to cook: Heat oil in a large nonstick pan in a medium heat. Then add multicolour bell pepper and chopped onion.

Season it with salt and pepper and cook for at least 15 minutes. You can eat it at the dinner time.



Aloo Tiki & bread pakora



Aloo tiki: It is very famous spicy dish in India. People like to eat aloo tiki in the evening when they go outside from their home to taste something special. This is usually served in special occasions in India like Holiday and on many wedding ceremonies. It is very easy to make at home. You need boiled potatoes, fresh coriander, cumin, rice flour, chopped onion, green pepper, spinach, capsicum to make the balls and then fry it in the olive oil.

Before serving garnish it with chopped cabbage, onion, yogurt and sprinkle chat masala.

Bread pakoda: It is a popular breakfast, tea time snack and famous street food of India. You can make bread pakoda with 2 ways. First one is dipped bread piece in the chickpeas flour paste and fry it.

Nacho

Nacho is a dish from northern Mexico that consists of tortilla chips, onion, corn, olive, multicolour pepper, or tomatillos covered with melted cheese.

Nachos have all proteins, carbs and veggies. Nachos always make a great appetizer. Homemade nachos are an excellent weeknight meal. It is very quick to make with flexible ingredients.

I like to pair it with some sour cream, salsa, guacamole and refried beans on the side.



Directions: Preheat oven upto 400 degree, lightly oil on the baking sheet or coat with nonstick spray.

place all the ingredients and above place layer of tortilla chips, corn, cheese and put into oven.

Curry Pakoda

Curry pakora is very famous traditional recipe in the Indian states. It is very spicy and tasty. Every state and region has own ways to make dahi(yogurt)curry.

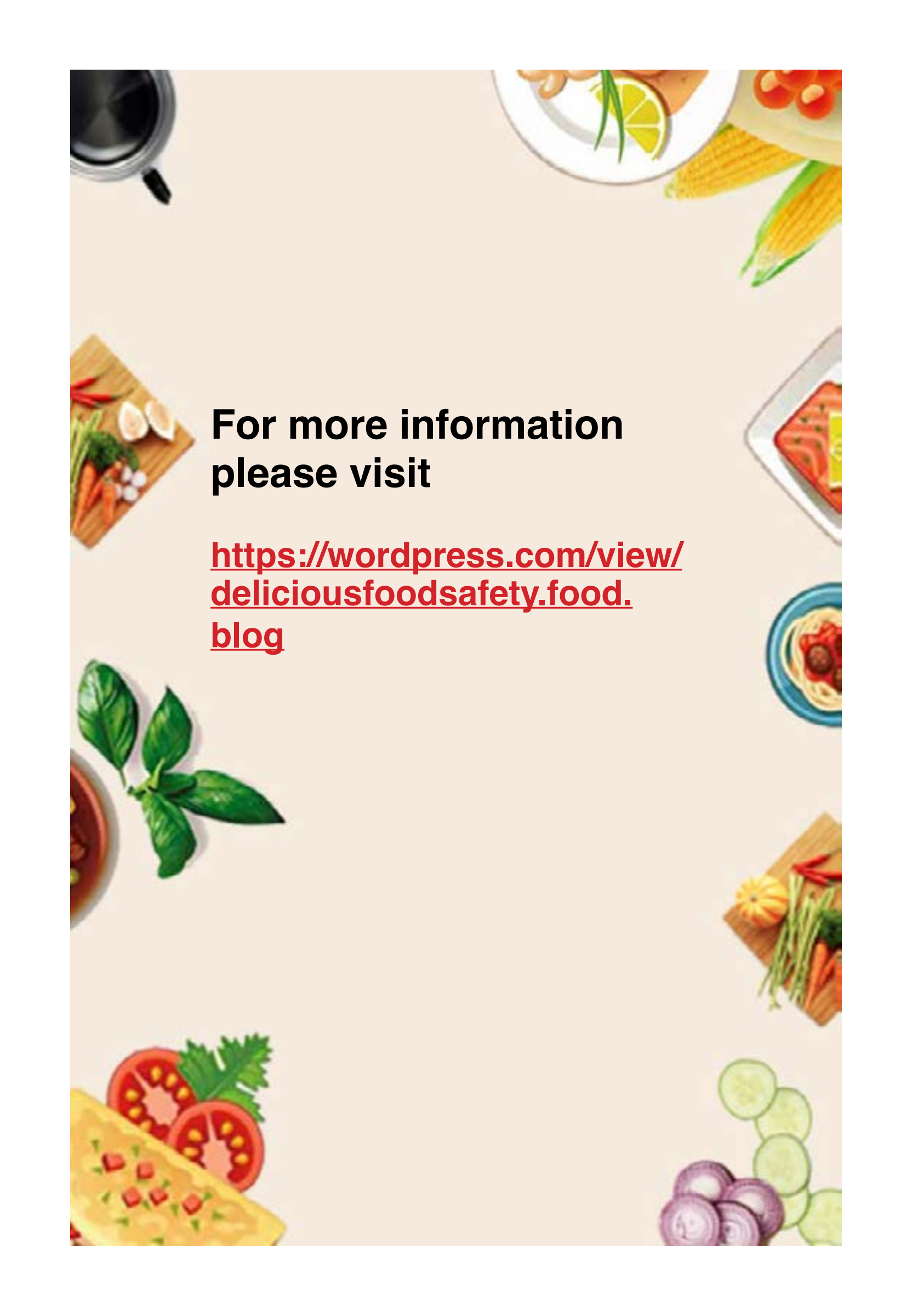
Punjabi curry is thicker and creamier. Curry pakora is perfect fall and winter kind of meal. You can served curry with chapati and jeera rice according to your choice. A thick and soupy base made with gram flour and yogurt. It is very simple and easy process to make curry by using quick ingredients which I think have at every house pantry.



Pakora can be made using chopping cauliflower, spinach and mixed it well with yogurt and gram flour, then fried after making small balls.

Ingredients are: Gram flour, yogurt, 1 chopping onion, potato, tomato, ginger and garlic paste and all masalas.





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