



5 Mouth-Watering Vegetarian Recipes to Try This Summer



Akshay Mehndiratta - Summer is here, and it's the perfect time to enjoy delicious and healthy vegetarian meals. Vegetarian food is not only good for your health but also environmentally friendly. With so many fresh fruits and vegetables in season, there are endless possibilities for vegetarian recipes that are not only nutritious but also mouth-watering.

Here are ten vegetarian recipes to try this summer that are sure to satisfy your cravings.

Grilled Eggplant and Mozzarella Sandwich

Grilled Eggplant and Mozzarella Sandwich is a delicious and healthy vegetarian sandwich that is perfect for lunch or dinner. This sandwich is easy to make and can be customized to your liking.

Akshay Mendiratta says, to make this sandwich, you will need a few simple ingredients such as eggplant, olive oil, salt, pepper, bread, mozzarella cheese, basil leaves, and balsamic glaze. First, slice the eggplant into 1/2-inch rounds and brush them with olive oil. Then, season with salt and pepper and grill the eggplant for 2-3 minutes per side until they are tender and

have grill marks. Next, assemble the sandwich by placing a slice of mozzarella cheese on each slice of bread, topping it with 2-3 slices of grilled eggplant, a large basil leaf, and drizzling with balsamic glaze. Finally, close the sandwich with the other slice of bread and cook it on a grill pan or sandwich press until the bread is golden brown and the cheese is melted. This sandwich is a healthy and satisfying meal that is perfect for anyone looking for a quick and easy vegetarian option.

Grilled Vegetable Skewers

Grilled Vegetable Skewers are a great way to enjoy the delicious flavors of fresh vegetables on a warm summer day. This recipe is perfect for a barbecue or a family gathering and can be customized to your liking.

To make these skewers, you will need a variety of fresh vegetables such as bell peppers, zucchini, cherry tomatoes, onions, and mushrooms. Cut the vegetables into bite-sized pieces and thread them onto skewers, alternating the colors and textures to make them look attractive. Coat the skewers with olive oil and season with salt and pepper according to your preference. Grill the skewers for 8-10 minutes, turning occasionally until the vegetables are tender and have a nice char. You can also add your favorite seasoning or marinade to the vegetables for extra flavor. Serve these delicious Grilled Vegetable Skewers as a side dish. They are a healthy and flavorful way to enjoy the bounty of fresh produce that summer has to offer.

Avocado and Tomato Salad

According to Akshay Mendiratta, Avocado and Tomato Salad is a fresh and flavorful dish that is perfect for a quick and healthy meal. To make this salad, you will need ripe avocados, juicy tomatoes, fresh cilantro, and red onion. Start by slicing the avocados and tomatoes into bite-sized pieces and dice the red onion. Toss the avocado, tomato, and red onion together in a large bowl. Incorporate diced cilantro and season with salt and pepper according to your preference. You can also add a squeeze of lime juice to brighten up the flavors. Mix everything together gently and serve immediately. This salad serves as an ideal option for a light lunch or a side dish, providing a fantastic means to integrate healthy fats and antioxidants into your eating habits. The combination of creamy avocado, tangy tomatoes, and fresh herbs make this salad a refreshing and satisfying choice for any occasion.

Caprese Salad

Caprese Salad is a classic Italian salad that is simple to make and bursting with flavor. Akshay Mendiratta says, to make this salad, you will need fresh ripe tomatoes, mozzarella cheese, fresh basil leaves, extra-virgin olive oil, and balsamic glaze. Arrange the tomato slices on a platter and place a slice of mozzarella cheese on top of each one. Top the cheese with a fresh basil leaf. Drizzle the salad with extra-virgin olive oil and balsamic glaze, and season with salt and pepper to taste. You can also sprinkle some dried oregano or red pepper flakes over the

salad for extra flavor. This salad is a perfect appetizer or side dish, and it is a great way to showcase the delicious flavors of ripe tomatoes and fresh mozzarella. With its vibrant colors and bold flavors, Caprese Salad is a summertime favorite that is sure to impress.

Gazpacho

Akshay Mehndiratta says, Gazpacho is a cold Spanish soup that is perfect for hot summer days. This refreshing dish is made with fresh vegetables such as ripe tomatoes, cucumbers, bell peppers, garlic, and onions, and it is served chilled. To make this soup, start by washing and chopping the vegetables and blending them in a food processor or blender until smooth. Add a little bit of water to thin the mixture if needed. Then, add vinegar, olive oil, and salt to taste. Chill the soup in the refrigerator for at least an hour before serving to allow the flavors to meld. You can also garnish the soup with diced vegetables, croutons, or fresh herbs.

Gazpacho is a healthy and flavorful way to enjoy the bounty of summer produce, and it is a great dish to serve at a summer party or as a light lunch. With its bright colors and fresh flavors, Gazpacho is a true taste of summer in a bowl.

Want more information about mouth-watering vegetarian recipes then visit [Akshay Mehndiratta site](#).