

# Yogurt Veg Sandwich / Curd Sandwich

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YOGURT VEG SANDWICH

Yogurt veg sandwich / curd sandwich / dahi sandwich are easy to make, healthy and filling vegetarian sandwich. Sandwiches are my favourite food and I make it often at home for breakfast or lunch or dinner. I love experimenting sandwiches with lot of vegetables. Use any vegetables or [bread](#) of your choice for this sandwich. Here I used European style bread which I got from Trader joes. This is a great vegetarian

sandwich for kids lunch box or to pack for picnic. You can find lot of sandwich ideas like on my blog like [cucumber tomato sandwich](#), [guacamole alfaalfa sprouts sandwich](#), [ricotta cheese sandwich](#), [rajma aloo cutlet sandwich](#), [mint chutney cucumber sandwich](#), [mushroom, cucumber, tomato sandwich](#), [almond butter jelly sandwich](#)

## Yogurt Veg Sandwich / Curd Sandwich

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Prep time

10 mins

Cook time

2 mins

Total time

12 mins

Yogurt veg sandwich / curd sandwich / dahi sandwich is a healthy, fresh, filling vegetarian sandwich. Great to pack for kids lunch box or picnic or get together.

Author: Gayathri Ramanan

Recipe type: sandwich

Cuisine: American

Serves: 2

### Ingredients

- 2 German bread or any bread
- $\frac{1}{4}$  Cup of thick yogurt (curd)
- 2 Tbsp of carrots, finely chopped
- 2 Tbsp of cabbage, finely chopped
- 2 Tbsp of green capsicum (bell pepper), finely chopped
- 4 cherry tomatoes, chopped
- Salt and pepper to taste
- 2 Tsp of Honey

### Instructions

1. Wash and chop all the vegetables(cabbage, carrots, tomato, capsicum)
2. In a bowl, mix vegetables, yogurt, salt, pepper and honey.
3. Toast the bread with ghee or butter or olive oil.
4. In a plate, place the bread, spread the yogurt-vegetable mixture on one bread.
5. Cover it with other bread.
6. Yogurt sandwich is ready to eat.
7. Serve it with tomato ketchup or soup.

### Notes

Always use thick yogurt, otherwise sandwich will turn soggy.

Use any vegetables of your choice.

Use any bread preferably whole wheat bread .

Replace mayo instead of yogurt.

# CURD SANDWICH



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