Yogurt Veg Sandwich / Curd 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

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4.0 from 1 reviews
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Save Print
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
- ¼ 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.



Tags: Yogurt Veg Sandwich, yogurt sandwich, yogurt sandwich recipe, Curd Sandwich, dahi sandwich recipe, sandwich ideas, vegetarian sandwich recipes, indian style sandwich recipe.

Guacamole and Alfalfa Sprouts Sandwich Recipe



Alfalfa is a real star of this sandwich. Alfalfa sprouts are young seedlings of alfalfa plant, they are good source of fiber and protein, prevents heart diseases and diabetes. Coming to the recipe, this is a delicious vegetarian sandwich recipe dressed up with mild, creamy guacamole pairs well with crispy alfalfa sprouts, also packed with cheese, red onions, mushroom, tomato, black olives drizzled with red wine vinaigrette which makes a satisfying meal. Italian seasoning adds an extra flavor. This sandwich is a perfect fit for breakfast or lunch or dinner. Serve this great tasty sandwich with a side of hot soup, potato chips and soda.

Check my recipe index for more sandwich recipes

How to make Guacamole and Alfalfa Sprouts Sandwich Recipe

Ingredients

- Guacamole from 1 Avocado
- 4 Whole Wheat Sandwich Bread
- 1 Medium Size Red Onion, Finely Chopped
- 3 Mushroom, Sliced
- 1 Medium Size Tomato, Sliced
- 6 Black Olives, Chopped
- 4 Tsp of Sharp Cheddar Cheese
- 1/4 Cup of Alfalfa Sprouts
- 2 Tsp of Red Wine Vinaigrette
- Salt and Black Pepper to taste
- Italian Seasoning as needed
- 6 Jalapeno Slices

Method

- Wash the alfalfa sprouts and keep it aside.
- Wash and chop the onion and black olives. Slice the mushroom and tomato.
- In a baking pan, place two sandwich bread, On one bread – add red wine vinaigrette, onion, mushroom, cheddar cheese.
- On another bread, place tomato, black olives, jalapenos, season with salt, pepper and Italian seasoning.
- Broil it for 5 mins in an oven.
- Take it out, add guacamole and alfalfa sprouts.

- Put the slices together, cut it diagonally or vertically to create finger sandwiches.
- Serve this guacamole and alfalfa sprouts sandwich with potato chips, soup and soda.

Tips

- You can use any kind of cheese but I prefer cheddar cheese.
- I recommend to use wheat bread as it was healthy when compared to white bread.
- If you don’t like the crust, just remove it.



Tags : alfalfa sprouts sandwich, alfalfa sprouts sandwich recipe, alfalfa sprouts recipe, guacamole and alfalfa sprouts sandwich recipe, guacamole sandwich recipe, vegetarian sandwich recipe, sandwich recipe ideas, picnic sandwich recipe.

Ricotta Cheese Peas Sandwich / Ricotta Sandwich



Ricotta Cheese is an Italian whey cheese made from sheep (goat/cows) milk whey. You can make your own ricotta cheese at home, they are very simple. They are excellent source

of protein, calcium and vitamins. In every single cup, you got 27 gms of proteins. If you are vegetarian like me, you can take a lot of protein from ricotta. If you are weight conscious, they buy fat-free ricotta. Coming to the recipe, Ricotta cheese peas sandwich is a yummy, healthy and filling sandwich made with ricotta cheese, peas and other flavorful spices. Cumin and dry methi gives a nice flavors, ricoota adds a creamy texture to this sandwich. If you don’t get ricotta cheese in you place, you can substitute with paneer or tofu. Serve this sandwich with any soup or any fruit juice for complete breakfast.

How to make Ricotta Cheese Peas Sandwich

Ingredients for Ricotta Cheese Peas Sandwich

Preparation Time: 10 mins Cooking Time: 15 mins Serves:2

• 1/4 Cup of Ricotta Cheese
• 1/2 Cup of Peas (Frozen Peas)
• 1 Tsp of Cumin Seeds
• 1 Red Onion, Finely Chopped
• 1 Green Chilly
• 1 Garlic, Crushed
• 1 Small Tomato, Chopped
• 1/4 Tsp of Turmeric Powder
• 1/2 Tsp of Red Chilly Powder
• 1/2 Tsp of Garam Masala
• 1 Tsp of Dry Methi Leaves (Kasuri Methi)
• Salt and Pepper to taste
• Few Coriander leaves(cilantro), chopped
• 2 Tsp of Butter to toast
• 2 Tbsp of Raw onion



Method for Ricotta Cheese Peas Sandwich

• Heat a pan with oil, add cumin seeds, after it sizzles, add onion, garlic and green chilly, sauté well until it turns golden brown.
• In a medium flame, add turmeric powder, red chilly powder, garam masala, sauté well for 1 min.
• Add peas and tomato, fry for a min and add water, cover and cook it for 2-3 mins. Open the lid, add salt, pepper and dry methi leaves. Turn off the flame.
• Finally add ricotta cheese and cilantro, mix well.
• Toast the bread with some butter.
• Assemble the sandwich by placing ricotta cheese stuffing, add raw onion, on one bread. Place the other bread on top. Gently press both the bread together.
• Slice the sandwich diagonally to create finger sandwich.
• Yummy, healthy ricotta cheese peas sandwich is ready to serve with soup or fruit juice.

Tips

• You can have mayonnaise or any cheese or any dressing in your sandwich.
• If you have lettuce, use that in your sandwich.
• Add any veggies of your choice like mushroom.
• Add ghee in place of butter.
• Substitute paneer in place of ricotta cheese.



Tags: ricotta Cheese Peas Sandwich, ricotta cheese sandwich recipe, cheese sandwich, peas sandwich, healthy sandwich, ricotta sandwich, breakfast sandwich, high protein sandwich, lunch sandwich, sandwich ideas, vegetarian sandwich, paneer substitute sandwich.