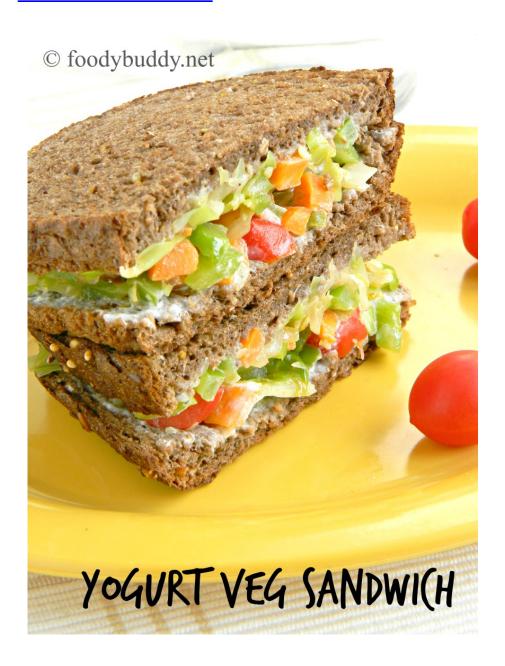
Yogurt Veg Sandwich / Curd Sandwich



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 <u>cucumber</u> tomato sandwich, guacamole alfaalfa sprouts sandwich, <u>ricotta cheese sandwich</u>, <u>rajma aloo cutlet sandwich</u>, <u>mint chutney cucumber sandwich</u>, <u>mushroom</u>, <u>cucumber</u>, tomato sandwich, <u>almond butter jelly sandwich</u>

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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
- ¹₄ 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

- 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.