

# Light Veggie & Cheese Sandwich with Kiwi Salad

A refreshing and flavorful sandwich packed with healthy vegetables and topped with cheese, paired with a vibrant kiwi salad.

This meal is light, nutritious, and perfect for a quick lunch or snack.



Salad

**20 min**

Total time

**easy**

Difficulty

**350**

kcal / serving

## Ingredients

- 2 slices of whole grain bread
- 1/4 cup grated cheese (cheddar or mozzarella)
- 1/4 cup sliced onions
- 1/4 cup diced tomatoes
- 1/4 cup diced cucumber
- 1/4 cup cooked brinjal (eggplant)
- 1/4 cup cooked ladies finger (okra)
- 1/2 cup shredded cabbage
- 1 kiwi, peeled and chopped
- 1/4 cup milk
- Salt and pepper to taste
- 1 tablespoon olive oil
- Fresh herbs (optional, for garnish)

## Steps

- 1 In a bowl, combine the diced cucumber, tomatoes, onions, cooked brinjal, cooked ladies finger, and shredded cabbage. Season with salt and pepper and drizzle with olive oil. Mix well.
- 2 Take one slice of the bread and layer with the grated cheese, followed by the mixed veggie salad. Top with the second slice of bread.
- 3 Heat a non-stick skillet over medium heat and toast the sandwich on both sides until golden brown and the cheese is melted, about 3-4 minutes per side.
- 4 In a small bowl, mix the chopped kiwi with a splash of milk for a creamy kiwi salad.
- 5 Serve the toasted sandwich with the kiwi salad on the side. Garnish with fresh herbs if desired.