**Cucumber & Tomato Sandwich**

Prep time: 5 min Cook time: 0 min

**Ingredients:**

* 2 slices 100% whole wheat bread plain or toasted
* 1 tbsp Greek yogurt or thick curd
* ½ tomato sliced thinly
* ¼ cucumber sliced thinly
* ¼ tsp salt (low sodium)
* ¼ tsp oregano

**Instructions:**

1. Mix the Greek yogurt or thick curd with salt & oregano
2. Spread the mixture on one side of a bread slice
3. Add the sliced tomato & cucumber
4. Cover with another slice of bread & press down gently
5. Cut into small squares or triangles
6. Serve at room temperature