**Vegetable Sandwich**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 2 slices 100% whole wheat bread
* ½ carrot chopped
* ¼ red & yellow bell peppers
* ½ onion chopped
* ½ tomato chopped
* 2 tbsp corn
* ½ tsp chopped garlic
* ½ tsp cumin seeds
* 2 tbsp oil (Sunflower or Rice bran)
* ¼ tsp salt (low sodium)
* Pinch of red chili powder
* ¼ tsp garam masala

**Instructions:**

1. Toast the bread slices until golden and crisp.
2. Prepare the filling: Heat oil in a pan and add cumin seeds. Let them crackle, then add chopped garlic.
3. Cook the base: Add chopped onion, tomato, salt, and red chili powder. Cook until the tomatoes soften.
4. Add vegetables: Mix in the chopped carrot, bell peppers, and corn. Sauté over medium heat until the carrots become tender.
5. Season: Add garam masala and cook for another minute.
6. Assemble the sandwich: Place one toasted bread slice on a plate, add the cooked vegetable filling, and cover with the other slice.
7. Final toasting: Heat the sandwich on a tawa (griddle) for a minute on each side to enhance crispness.
8. Serve hot!