**Bombay Grilled Sandwich**

Prep time: 20 min Cook time: 10 min

**Ingredients:**

* 2 slices whole wheat or multigrain bread
* ½ small boiled potato, sliced
* ½ small cucumber, thinly sliced
* ½ small tomato, thinly sliced
* ¼ small beetroot, boiled and sliced
* 2 tbsp grated carrot
* 1 tbsp homemade or low-fat green chutney (mint-coriander)
* ½ tsp chaat masala
* A pinch of low sodium salt
* ½ tsp olive oil

**Instructions:**

1. Apply green chutney to one side of each bread slice.
2. Layer the boiled potato, tomato, cucumber, beetroot, and carrot slices on one slice of bread.
3. Sprinkle with chaat masala and a pinch of salt.
4. Cover with the other slice of bread, chutney side down.
5. Lightly brush the outer sides with oil for crispness.
6. Grill in a sandwich toaster or pan until golden brown and crisp.
7. Slice and serve hot with mint chutney or plain low-fat yogurt.