

SARDINE SALAD

Serves 2

INGREDIENTS

- 1 can wild no sodium sardines, drained
- ½ carrot, shredded
- 1 rib celery, minced
- 2 Tbls. diced onion
- 2 Tbls. chopped parsley, cilantro or dill
- 1 Tbls. capers
- 1 Tbls. Dijon mustard
- 2 Tbls. mashed avocado or plain yogurt or mayo
- Zest & juice of ½ lemon
- Salt & pepper to taste
- Serving Ideas: crackers, lettuce wraps, open-faced sandwich/melt, on a salad, seaweed wraps, endive leaves



INSTRUCTIONS

1. Use a fork to mash all ingredients together in a bowl.
2. Serve with desired Serving Ideas.

NOTES

- You could easily use canned wild salmon or tuna instead of sardines. If you are just getting used to the flavor of sardines, you could also mix 1 can sardines with 1 can tuna and double the rest of the ingredients.

NUTRITION

Per serving: 375 kcal; 12g carb; 21g protein; 20g fat; 3g saturated fat; 400mg sodium; 5g fiber; 3g sugar