

HERBED SARDINES



SERVING SIZE

1



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sardines (In water or olive oil)	1 Can (4.35 Oz)	Fresh Herbs (like parsley, basil, or mint)	2 Tbsp.
Lemon, Juice and Zest	1	Olive Oil (only if sardines are in water)	1 Tsp.
Red Onion or Scallion, Chopped (Start with 1 tbsp, adjust to taste)	1-4 Tbsp.	Dijon Mustard	1 Tsp.
		Salt	To Taste



PREPARATION

- ✔ Drain the sardines if they're packed in water.
- ✔ In a bowl, combine sardines, lemon juice and zest, chopped onion, herbs, olive oil (if using), mustard, and salt.
- ✔ Gently mix with a fork, breaking the sardines into chunks.
- ✔ Taste and adjust lemon or salt if needed.