

Sardine Salad

Ingredients:

4 tsp extra virgin olive oil
2 tsp grated lemon zest
Juice of 2 lemons
2 tsp Dijon mustard
2 Tbsp chopped fresh parsley
2 Tbsp chopped basil
2 green onions, white & green, chopped
2 finely diced stalks celery
2 3.8oz cans olive oil packed sardines, drained
Coarse salt & freshly ground black pepper

Combine oil, lemon zest and juice, mustard, parsley, basil, green onions, & celery in a bowl.

Gently fold in sardines and season with a generous pinch of salt & pepper.

Serve over lettuce or whole grain crackers.

Adapted from MW Culinary Wellness, LLC