

“They’ll Never Know Its Sardines” Salad

What You Need

- Sardines! 1 BPA free can of sardines, in oil, drained, chopped
- 2 stalks celery, finely chopped
- 1 med size bell pepper, red or green, chopped
- 1/2 small red onion, finely chopped
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tsp. curry powder
- Opt: 1 tablespoon chopped fresh dill
- Sea salt and pepper to taste
- Salad greens
- Other veggies as desired, such as parsley, chopped
- Option: Mix in some mashed avocado
- Other spices as desired, such as turmeric
- Opt: celery, endive, radicchio, lettuce, sliced apples



What You Do

1. In a small bowl, mix: sardines, celery, onion, mayo, mustard, lemon juice, sea salt, pepper, other veggies, other spices. (Option: sauté chopped onion in olive oil 1st). Add more mayo for extra creaminess.
2. On a beautiful plate, add some salad greens or spring mix.
3. Layer the sardine mix onto the greens, or enjoy the sardine salad-in celery or lettuce or endive or radicchio or on sliced apples (apple crackers!)
4. Drizzle with lemon juice.
5. Enjoy!

Why Sardines?

Sardines are an amazing nutrient dense food! They have the most concentrated source of those trendy omega 3 fatty acids: EPA/DHA that support brain, heart and bone health. And-they are one of the few foods high in cancer protecting Vitamin D. And-they are high in vitamin B12 for brain & nerve nourishment. And -they are high in selenium-the super anti-cancer mineral. High in all these super nutrients yet low in toxins! Such a deal!

Check with your MDs before making any dietary changes

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