

12 Great Ways to Use...

Canned Sardines

Keep a few cans of sardines in your pantry. The USDA's 2010 Dietary Guidelines for Americans—which recommends that we eat more fish—specifically calls out sardines as a great seafood choice for their high levels of omega-3s and their low levels of methyl mercury, a marine contaminant. Sardines are also a source of protein, calcium, iron, vitamin D, and vitamin B12. And, in addition to being incredibly nutritious, sardines—specifically those caught in the Pacific—are also a sustainable choice for the environment. Open a can, lift the sardines out with a fork, and if you wish, remove their backbones before using. Here are a dozen ways to use canned sardines in your weekly meals:

- 1.** Make quick and easy fish cakes by combining drained, canned sardines, breadcrumbs or mashed potatoes, egg, salt, pepper, and flavorings (such as chopped onion, lemon zest, minced garlic). Shape into small cakes and pan fry until warmed through and browned on the outside.
- 2.** Using a fork, stir a few sardines and a few chopped capers into hot mashed potatoes.
- 3.** Chop canned sardines, combine with aioli and diced crunchy vegetables (celery, scallions, carrots), and spoon over slices of crusty bread.
- 4.** Add roughly chopped sardines in place of anchovies to your favorite pasta puttanesca recipe.
- 5.** Add chopped sardines and peas to hot cooked rice.
- 6.** For an easy and filling snack, chop canned sardines and place atop your favorite cracker, Melba toast, or rye crisp, spread with a bit of grainy mustard or fresh cracked pepper.
- 7.** Use sardines in a nicoise-style salad – top salad greens with sardines, a hard-boiled egg, tomatoes, green beans, olives, and your favorite vinaigrette.
- 8.** Create a delicious party appetizer by flaking or chopping canned sardines, combining with chopped tomato and mint or basil. Dress the mixture with extra-virgin olive oil and spoon on top of thin baguette slices.
- 9.** Make sardine spread. Combine flaked, canned sardines with salt, pepper, lemon juice, and cream cheese, or combine with white beans. Serve with pita chips or wedges of pita bread.
- 10.** Try sardines for breakfast! Place chopped sardines, minced onion or shallot, and fresh herbs in the bottom of an ovenproof ramekin. Top with an egg or two and bake until the egg white is set, but the yolk is still runny, and serve with bread for sopping up the deliciousness.
- 11.** Make sardine fritters for an appetizer or dinner by combining mashed sardines with a raw egg, chopped garlic, salt, pepper, and breadcrumbs. Shape into small fritters and fry in cooking oil. Serve with remoulade, cocktail sauce, or even spicy sriracha.
- 12.** Use sardines in place of anchovies as a pizza topping, adding them during the last two minutes of baking.



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