



## Simply Sardines

### INGREDIENTS

- 1 can of wild caught sardines; in oil or water
- 2 TBS olive oil (only if the sardines were packed with water)
- ¼ TBS dried oregano
- 2 cloves of garlic; minced
- 2 TBS capers
- ¼ tsp sea salt
- Juice of ½ lemon – more is always better
- \*\* Top with any herbs or spices like parsley, cilantro, basil, cumin, chili flakes, Za'atar, etc

### DIRECTIONS

Arrange sardines on a plate or platter. In a small bowl, combine olive oil (if sardines were not already packed in oil), oregano, garlic, capers and sea salt. Fold together until well combined. Pour over sardines. Squeeze lemon juice over the top. Add other herbs and/or spices you desire. Serve cold over a salad or on its own. Makes 1 serving at 300 calories.