



C r e a m y S a l a d



2 Servings



15 minutes

Ingredients :

- Canned sardines
- Greek yogurt or mayonnaise
- Dijon mustard
- Lemon juice
- Fresh greens
- Celery
- Red onion
- Salt
- Black pepper



Instructions :

1. Drain the sardines and place them in a bowl .
2. Mash the sardines gently with a fork .
3. Add Greek yogurt or mayonnaise and Dijon mustard .
4. Pour in lemon juice and mix until creamy .
5. Add chopped celery and red onion .
6. Season with salt and black pepper .
7. Serve over fresh greens or enjoy on its own .