



Sardine Salad Sandwich



2 Servings



10 minutes

Ingredients :

- Canned sardines (packed in water or olive oil)
- Mayonnaise or Greek yogurt
- Dijon mustard
- Lemon juice
- Celery
- Red onion
- Salt
- Black pepper
- Bread slices
- Lettuce leaves



Instructions :

1. Drain the sardines and place them in a bowl .
2. Mash the sardines gently with a fork .
3. Add mayonnaise or Greek yogurt ,Dijon mustard ,and lemon juice .
4. Stir in chopped celery and red onion .
5. Season with salt and black pepper to taste .
6. Spread the sardine salad on bread slices .
7. Add lettuce and top with another slice of bread .
8. Cut in half and serve fresh .