



Sardine Salad with white beans



2 Servings



15 minutes

Ingredients :

- 1 can sardines (in water or olive oil), drained
- 1 cup cooked white beans ,rinsed and drained
- 1/4 cup cherry tomatoes , halved
- 2 tablespoons red onion or shallots , finely sliced
- 1 tablespoon celery , finely chopped
- 1 tablespoon fresh parsley or dill , chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste



Instructions :

1. Add the sardines to a bowl and gently break them into large pieces .
2. Add the white beans ,cherry tomatoes , red onion , celery , and fresh herbs .
3. In a small bowl , mix olive oil ,lemon juice , Dijon mustard , salt , and pepper .
4. Pour the dressing over the salad and toss gently .
5. Let the salad rest for 5 minutes before serving to allow the flavors to blend .