



Sardines in Sandwiches



2 Servings



10 minutes

Ingredients :

- Canned sardines in olive oil
- Bread slices or sandwich rolls
- Mayonnaise or Greek yogurt
- Lemon juice
- Salt
- Black pepper
- Red onion (thinly sliced)
- Fresh lettuce or arugula



Instructions :

1. Drain the sardines and place them in a bowl .
2. Gently mash the sardines with a fork until slightly chunky .
3. Add mayonnaise or Greek yogurt , lemon juice , salt , and black pepper , then mix well .
4. Toast the bread lightly if desired .
5. Spread the sardine mixture evenly on one slice of bread .
6. Add red onion slices and fresh lettuce on top .
7. Close the sandwich with another slice of bread , slice if needed , and serve fresh .