



Sardines Over Mixed Greens



2 Servings



10 minutes

Ingredients :

- Canned sardines in olive oil, drained
- Mixed salad greens (spinach, arugula, or spring mix)
- Cherry tomatoes, halved
- Cucumber, sliced
- Red onion, thinly sliced
- Olive oil
- Fresh lemon juice
- Salt
- Black pepper



Instructions :

1. Place the mixed greens in a large serving bowl.
2. Add cherry tomatoes, cucumber slices, and red onion on top of the greens.
3. Gently place the drained sardines over the salad.
4. Drizzle olive oil and fresh lemon juice evenly over the dish.
5. Season with salt and black pepper to taste.
6. Toss lightly if desired and serve immediately.