



S a r d i n e s O v e r M i x e d G r e e n s



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 .