



Sardines with Crackers and Lemon



2 Servings



5 minutes

Ingredients :

- 1 can sardines packed in olive oil or water
- 8 to 10 plain or whole -grain crackers
- 1 fresh lemon
- Freshly ground black pepper , to taste
- Optional fresh herbs such as parsley or dill



Instructions :

1. Open the can of sardines and drain excess oil or liquid if desired .
2. Arrange the crackers on a serving plate .
3. Place one or two sardines on each cracker .
4. Squeeze fresh lemon juice over the sardines .
5. Sprinkle with black pepper and add fresh herbs if using .
6. Serve immediately for the best texture and flavor .