



Sardines with Cucumber and Yogurt



2 Servings



15 minutes

Ingredients :

- 1 can sardines , drained
- 1 cup plain Greek yogurt
- 1 small cucumber , finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon fresh dill or parsley , chopped
- Salt to taste
- Black pepper to taste



Instructions :

1. In a bowl , add the yogurt , chopped cucumber , lemon juice , and olive oil . Mix until smooth and well combined .
2. Gently break the sardines into bite -sized pieces and fold them into the yogurt mixture .
3. Add the chopped herbs , salt , and black pepper . Stir lightly to keep the sardines intact .
4. Let the mixture rest for a few minutes to allow the flavors to blend .
5. Serve chilled or at room temperature with bread , crackers , or as a fresh side dish .