

Sardine Recipe Ideas

By now, we all know that sardines are a wonder food! They have a ton of minerals, essential amino acids and even protein. Now we just have to eat them! Although sardines with skin and bones are preferable, if you can't stomach that, feel free to use skinless/boneless sardines in any of the following recipe ideas:

NOTE: Tabasco is great on sardines. Tabasco can work on its own or in addition to any of the below recipes.

1. Mash sardines together with mayonnaise, garlic, and grated parmesan and/or Romano cheese.
2. Eat with plain yogurt (mashed or chunky).
3. Mash sardines together with mustard.
4. Mash sardines together with mayonnaise, chopped celery, onions, and pickles to make sardine salad (very much like tuna salad).
5. Mash sardines together with mayonnaise and curry powder.
6. Mash sardines with cream cheese.
7. Mash sardines into your favorite bean dip. Consider adding salsa and/or sour cream. You can even wrap the mixture in a blue corn tortilla!
8. Pasta! Cook some brown rice pasta and set it aside. Lightly sauté onions, collard greens, garlic, and/or any other vegetables you feel brave enough to try. Add sardines and spices (I recommend sage and coriander). Add pasta, mix again and serve.
9. Omelet! Sauté garlic, onions, and spinach (or other leafy green). Add sardines and eggs. Cook and serve.

Try eating these recipes with a fork, on some bread or toast (gluten-free if you have a tendency toward inflammation or a gluten-intolerance), or my personal favorite, with blue corn chips!

Also remember that sardines can work with most canned tuna recipes, so look online, ask around, and experiment. Hopefully you'll find something you like!

Thank you to everyone for your recipe ideas! If you have any more, please let us know!