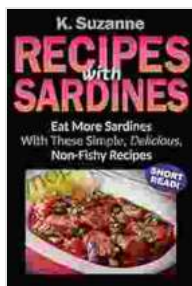


# Eat More Sardines With These Simple Delicious Non Fishy Recipes

Sardines are a great source of omega-3 fatty acids, protein, and other nutrients. But they can be a little fishy for some people. These recipes will help you enjoy the benefits of sardines without the fishy taste.



## Recipes with Sardines: Eat More Sardines With These Simple, Delicious, Non-Fishy Recipes by K. Suzanne

★★★★☆ 4 out of 5

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### 1. Sardine and Avocado Salad

This salad is a great way to get your daily dose of omega-3 fatty acids and protein. The avocado adds a creamy texture and flavor, and the lemon juice helps to brighten up the dish.

#### Ingredients:

- 1 can (4 ounces) of sardines, drained and flaked
- 1/2 avocado, sliced

- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

### **Instructions:**

1. In a medium bowl, combine the sardines, avocado, red onion, cilantro, lemon juice, and olive oil.
2. Season with salt and pepper to taste.
3. Serve immediately or chill for later.

## **2. Sardine and Potato Cakes**

These cakes are a great way to use up leftover mashed potatoes. They're crispy on the outside and tender on the inside, and the sardines add a delicious umami flavor.

### **Ingredients:**

- 1 can (4 ounces) of sardines, drained and flaked
- 1 cup mashed potatoes
- 1/4 cup chopped onion
- 1/4 cup chopped fresh parsley
- 1 egg, beaten
- 1/2 cup panko breadcrumbs

- Salt and pepper to taste
- Oil for frying

### **Instructions:**

1. In a medium bowl, combine the sardines, mashed potatoes, onion, parsley, egg, panko breadcrumbs, salt, and pepper.
2. Form the mixture into 8 cakes.
3. Heat a large skillet over medium heat and add enough oil to coat the bottom of the pan.
4. Fry the cakes for 2-3 minutes per side, or until golden brown and heated through.
5. Serve immediately with your favorite dipping sauce.

### **3. Sardine and Chickpea Soup**

This soup is a hearty and flavorful way to warm up on a cold day. The chickpeas add a boost of protein and fiber, and the sardines add a delicious umami flavor.

### **Ingredients:**

- 1 can (4 ounces) of sardines, drained and flaked
- 1 can (15 ounces) of chickpeas, rinsed and drained
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped

- 2 celery stalks, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- 1 1/2 quarts chicken broth
- Salt and pepper to taste

### **Instructions:**

1. In a large pot over medium heat, sauté the onion, garlic, carrots, and celery until softened.
2. Add the cumin, coriander, oregano, and red pepper flakes and cook for 1 minute more.
3. Add the chicken broth, sardines, and chickpeas and bring to a boil.
4. Reduce heat to low, cover, and simmer for 15 minutes.
5. Season with salt and pepper to taste.
6. Serve immediately.

### **4. Sardine and Tomato Pasta**

This pasta dish is a quick and easy way to get your daily dose of omega-3 fatty acids and protein. The tomatoes add a fresh and flavorful sweetness, and the sardines add a delicious umami flavor.

### **Ingredients:**

- 1 can (4 ounces) of sardines, drained and flaked
- 1 can (14.5 ounces) of diced tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound pasta, cooked
- 1/2 cup grated Parmesan cheese, optional

### **Instructions:**

1. In a large skillet over medium heat, sauté the onion and garlic until softened.
2. Add the tomatoes, sardines, basil, salt, and pepper and bring to a simmer.
3. Reduce heat to low and simmer for 15 minutes.
4. Add the cooked pasta and stir to combine.
5. Serve immediately, topped with Parmesan cheese if desired.

### **5. Sardine and Egg Breakfast Burritos**

These burritos are a great way to start your day with a boost of protein and omega-3 fatty acids. The sardines add a delicious umami flavor, and the eggs add a boost of protein.

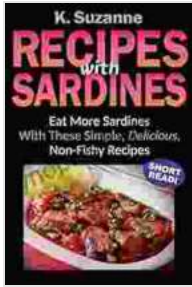
## **Ingredients:**

- 1 can (4 ounces) of sardines, drained and flaked
- 2 eggs
- 1/2 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/4 cup shredded cheese
- 6 (8-inch) flour tortillas
- Salsa and sour cream for serving

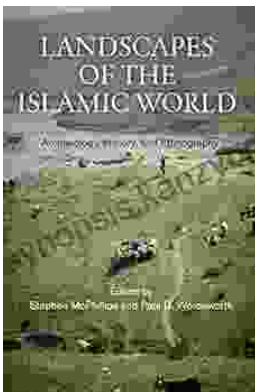
## **Instructions:**

1. In a large skillet over medium heat, sauté the onion and green bell pepper until softened.
2. Add the sardines and cook for 1 minute more.
3. In a separate bowl, whisk the eggs and add to the skillet.
4. Cook until the eggs are set.
5. Heat the tortillas in the microwave or on a griddle.
6. Place a spoonful of the egg and sardine mixture in the center of each tortilla.
7. Top with shredded cheese.
8. Roll up the burritos and serve with salsa and sour cream.

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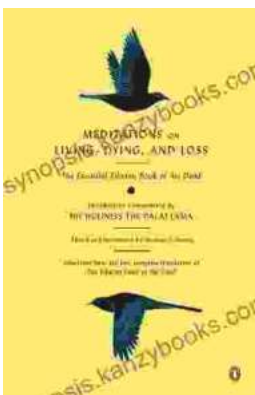


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