



## **Superbly Nourishing Sardine Hors D'oeuvre (or Sandwich)**

### **Ingredients:**

**1 box Vital Choice Sardines in Olive Oil/Spiced**  
**1 ripe Avocado**  
**1 celery stalk, finely chopped**  
**1 ripe tomato, seeded and chopped small**  
**½ red onion sliced thin**  
**1/3 cup flat parsley, chopped**  
**few pieces of Red Leaf lettuce or Romaine**  
**1 Tablespoon of healthy Mayo or Grapeseed Mayo**  
**1 Teaspoon of Lemon juice**  
**few pieces of Rye-Crisp crackers or Manna bread**

### **Procedure:**

**Drain the sardines from the can, leaving a small amount to mix with other ingredients.**

**With a large fork mash the sardines with the avocado and mayo, making like a paste, add lemon.**

**Chop the celery and tomato, and slice the red onion.**

**Add the above, with parsley, except for the red onion to mixture.**

**Serve over crackers or bread with a lettuce leaf on top and a slice of red onion.**

### **Cooks Notes:**

**Sardines are a POWER food and are rich in Nucleic acids and high-quality DNA and RNA and essential oils. (also a anti-aging food)**

**Others ways I love to prepare them are: Peppers stuffed with Sardines; with Brown Rice and lemon; with Gouda cheese; with tomato sauce over a grain pasta; and best of all if you treat yourself, Sardines mashed over a piece of your favorite Pizza, yes I said Pizza!**

**Recipe by Chef Kathryn Bari-Petritis, 1998, All Rights Reserved**