



Love the taste every time.

Sardine Recipes

[Algarve Paté Starter](#)

Ingredients

- 1 thick slice, crusty bread, crusts removed
- ¼ cup (50 mL) water
- ¼ cup (50 mL) softened butter
- 1 can (80g) [Clover Leaf Brisling Sardines, Mediterranean](#)
- 1 tbsp (15 mL) finely chopped green onion, white part only
- 1 tsp (5 mL) each, hot pepper sauce and lemon juice
- 1 tsp (5 mL) extra virgin olive oil (optional)
- Mixed olives
- Additional sliced bread



Preparation

1. Drizzle the bread with the water and let stand until the bread absorbs all the liquid. Transfer to a food processor. Add the butter, sardines - including the can liquid, onion, hot pepper sauce and lemon juice. Process until smooth, scraping down sides of bowl as necessary. Transfer to a crock and refrigerate for at least 30 minutes before serving or for up to 2 days.
2. Drizzle the top of the spread with extra virgin olive oil, if using. Serve immediately with additional sliced bread and olives, as a snack or as a first course. Makes 1 cup (250 mL)

Nutritional Information per serving: Calories 100, Fat 4g, Sodium 180mg, Carbohydrate 13g, Fibre 0g, Protein 3g.



[Ahoy Caesar Grilled Sardine Sandwich](#)

Ingredients

- 8 thick slices sourdough bread
- ½ cup (125 mL) thick and creamy-style Caesar salad dressing, divided
- 1 can (106 g) [Clover Leaf Brisling Sardines, Mediterranean](#)
- ½ cup (125 mL) shaved Parmesan cheese
- 8 slices cooked bacon, chopped
- 4 large Romaine leaves, hard ribs removed
- 1 tsp (5 mL) each freshly ground pepper and lemon juice

Preparation

1. Lay 4 slices of the bread on a clean working surface. Evenly spread 1 tbsp (15 mL) of the salad dressing over each slice of bread. Flake the sardines with a fork. Top each piece of bread with an equal amount of sardines, Parmesan cheese, bacon and romaine. Top with remaining slices of bread.
2. Blend the remaining salad dressing with the pepper and lemon juice. Spread evenly over the outside of each sandwich.
3. Preheat a grill pan over medium-high heat. Cook the sandwiches in batches for 2 to 3 minutes per side; weigh down the sandwiches as they cook using a small cast iron or other heavy skillet. Slice each sandwich in half and serve immediately. Makes 4 servings.

Nutritional Information per serving: Calories 780, Fat 22g, Sodium 1850mg, Carbohydrate 112g, Fibre 5g, Protein 33g.



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Sardine Recipes

Mexican Quesadillas

Ingredients

- 4 whole wheat tortillas, (8 inch / 20 cm)
- 2 tbsp (30 mL) light cream cheese
- 1 can (125 g) [Clover Leaf Skinless Boneless Sardines](#), drained & coarsely chopped
- 2 tbsp (30 mL) fresh or canned chopped jalapeno chilies
- ¼ cup (60 mL) red bell pepper, in thin strips
- ¼ cup (60 mL) green bell pepper, in thin strips
- ½ cup (125 mL) light cheddar cheese, shredded



Preparation

1. Spread the cream cheese on two tortillas.
2. Divide the chilies, bell peppers and sardines, and spread evenly over the cream cheese layer.
3. Add cheddar cheese and press remaining two tortillas on top of each quesadilla.
4. Brush top of each quesadilla with olive oil or spray with nonstick spray.
5. Place oiled side down in a preheated skillet. Lightly brown the bottom tortilla.
6. Oil or spray the top tortilla, carefully flip the quesadilla and heat through till cheese is melted.
7. Serve with salsa, light sour cream, jalapenos or your favorite garnish.

Serves 4.

Nutritional Information per serving: Calories 230, Fat 7g, Sodium 350mg, Carbohydrate 24g, Fibre 2g, Protein 14g.