



Grilled Sardines

30 min

CA

4

Ingredients

1 pound fresh sardines (about 8 fish), cleaned

1 tablespoon + 2 1/2 teaspoons extra virgin olive oil

3/4 teaspoon sea salt

1/4 teaspoon pepper, freshly ground

6 inch baguette, cut into 16 thin slices

1 clove of garlic

Vegetable oil cooking spray

1 lemon, sliced into wedges

Coat sardines using 1 tablespoon of oil.

Season with 1/2 teaspoon salt and 1/8 teaspoon pepper.

Rub clove of garlic on cut slices of bread and dress with remaining oil, salt and

pepper.

Coat grill pan with cooking spray and heat to medium-high.

Grill sardines for 2 minutes per side, or until cooked through.

Grill bread for 1 minute per side.

Serve on a platter with bread and lemon wedges.

Recipe adapted from Whole Living

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Species Group

Herring, Mackerel, Sardine