

Sardine Spread



*Looking for a versatile and flavourful topping? This spread is perfect for your sandwiches or wraps, and it also doubles as a delicious dip for crackers and raw veggies. With sardines cleverly blended in, even the pickiest eaters can enjoy the amazing nutritional benefits sardines offer, including **465 mg of calcium** and **1.5 g of omega-3** per serving. A tasty and nutritious option that everyone will love... it even converted some skeptics in my household!*

Enjoy!

Preparation 5 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 200

Fat 8

Carbohydrates 4

Fibre 1

Protein 30

Sodium 700

Ingredients

- 3 cans (approximately 100 g each) of sardines in water
- 60 ml (¼ cup) of tomato sauce

- 60 ml (¼ cup) of plain 0% Greek yogurt
- 15 ml (1 tbsp) of Dijon mustard
- 1 green onion, finely sliced

Optional:

- 7.5 ml (½ tbsp) of fresh dill, finely chopped
- Hot sauce (e.g., RedHot), to taste

Preparation

1. In a small bowl, mash the sardines with a fork.
2. Mix in the remaining ingredients. Season to taste.
3. Enjoy between two slices of whole grain bread or as a dip with crackers or fresh veggies!

Notes

Store in an airtight container in the refrigerator for up to 5 days. Do not freeze.



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