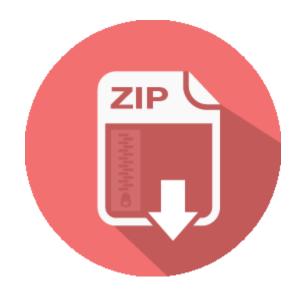
HEALTHY SARDINE RECIPES



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Recipes with Fresh Sardines: 1 Broiled Sardines with Gremolata: Lemony gremolata is sprinkled over sardine fillets before a quick broiling. This recipe also includes instructions for cleaning and filleting fresh sardines. http://ebookslibrary.club/Healthy--amp--Sustainable--12-Ways-to-Eat-Sardines-Kitchn.pdf

4 Easy and Healthy Sardine Recipes Mega Global Blog

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Sardine Recipes Allrecipes com

The mixture of ingredients in this recipe really balances the fish flavor, and turns a can of sardines into a tasty meal. Pair with quinoa and a side of sauteed spinach. Pair with quinoa and a side of sauteed spinach. http://ebookslibrary.club/Sardine-Recipes-Allrecipes-com.pdf

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Canned Sardine Recipe: Mini FIsh Cakes About a year ago, I discovered a quirky little tapas restaurant downtown. To get inside, I wandered down an indoor staircase, past the loud furniture upholstery and dimly lit chandeliers, following the smell of something delicious.

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Healthy canned sardine recipes ph theasianparent com

Do you crave for hot and spicy food all the time? Here are five mouth-watering but easy-to-make recipes for breakfast, lunch, merienda, dinner, and midnight snack, that will leave you wanting even more.

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13 Things to Do With Canned Sardines Chowhound

Roll out a disk of premade dough or our Basic Pizza Dough recipe on a flour-dusted baking tray and brush on a thin layer of our Basic Pizza Sauce recipe. On top place a large handful of arugula, half of a thinly sliced onion, two thinly sliced sweet peppers, two cloves of chopped garlic, and one drained can of sardines halved lengthwise. Bake in the oven for 10 to 12 minutes. Remove from the oven and liberally apply crushed red pepper flakes. Serves 4.

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Sardine Recipes Martha Stewart

Wild-caught sardines from the Pacific are the most ocean-friendly choice. The name "sardine" refers to several types of small, oily fish in the herring family. Wild-caught sardines from the Pacific are the most ocean-friendly choice. In addition to fresh, sardines are commonly sold canned, pickled, or smoked.

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51 Sardine Recipes For The Fussiest Of Fish Eaters

51 Sardine Recipes For The Fussiest Of Fish Eaters There seems to be two types of people when it comes to sardines. The first group love sardines, they have their favourite recipe and go to brand. http://ebookslibrary.club/51-Sardine-Recipes-For-The-Fussiest-Of-Fish-Eaters.pdf

Sardine Recipes Great Italian Chefs

Aside from being delicious, sardines are also very healthy they're extremely rich in vitamins and minerals, and a fantastic source of omega-3 fatty acids, which help to keep your cardiovascular system fit and healthy. http://ebookslibrary.club/Sardine-Recipes-Great-Italian-Chefs.pdf

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