

Sustainable Sardines

Trendy tins of sardines are listed as a top food trend.¹ Besides delicious briny flavor and a budget-friendly cost, there are more good reasons for the rising tide of sardine popularity. The Environmental Working Group's Good Seafood Guide gives sardines a "Best Bet" rating for being "very high in omega-3, low mercury and sustainable."²

Sustainability – Surprisingly, 'sardines' are actually the name for many different species of small fish which are harvested and canned in a specified way. For instance, Chicken of the Sea fishes for small herring in the frigid Baltic Sea, (as cold water fish is usually firmer and the fish oil richer and better tasting), according to sustainable fishing practices managed by the European Commission of Maritime Affairs and Fisheries.³ The sardines are then hand-packed into recyclable tins to ensure quality and size.



Low mercury – When a big fish eats a little fish, then that big fish is eaten by an even bigger fish, and so on up the fishy food chain, the largest fishes at the top of the food chain typically consume the most mercury. Tiny sardines have little exposure to mercury so they are good choices for kids, pregnant and nursing moms, and everyone.

Nutrition – Packed with protein, calcium, vitamin B12 and omega-3 fats, canned sardines are an affordable source of excellent nutrition. A portion-controlled (3.75-ounce) tin of water-packed sardines contains 17 grams of protein and only 90 calories.

Here's how to enjoy sardines – especially if sardines are not a familiar food:

- *Go half and half:* Substitute canned sardines for half the canned tuna in favorite tuna recipes. It's often hard to even notice a difference.
- *Smother sardines on Nordic sandwiches:* As part of trendy Scandinavian cuisine, sardines are enjoyed on smorgasbord sandwiches. One classic is sardines on dark rye bread with bold red onion, dill and creamy soft cheese similar to plain Greek yogurt.
- *Go Mediterranean:* Stir together a salad of rinsed canned garbanzo beans, lemon juice, tomato, feta cheese, flaked sardines and sprinkle with any fresh herb such as parsley, thyme, mint or rosemary.

¹ Food Trends on the Horizon for 2017. <http://www.supermarketnews.com/health-wellness/gallery-food-trends-horizon/gallery?slide=7>

² Environmental Working Group's Good Seafood Guide. <http://www.ewg.org/research/ewgs-good-seafood-guide>

³ European Commission of Maritime Affairs and Fisheries. http://ec.europa.eu/maritimeaffairs/content/sustainable-blue-growth-baltic-sea-region_en

Sustainable Sardines *continued*

Goat Cheese and Sardine Spread with Pine Nuts

Ingredients:

- 1/2 clove garlic, minced
- 1 teaspoon minced shallot
- 1 tablespoon minced parsley and some parsley leaves for garnish
- 3-ounces goat cheese
- 3 tablespoons non-fat milk
- 1/4 teaspoon black pepper
- 1/4 cup pine nuts
- 1 (3.75-ounce) can Chicken of the Sea® Sardines in Water, drained and flaked
- 1 1/2 cucumber

Directions:

1. Mince the garlic, shallots and parsley; set aside.
2. With an electric mixer, beat the goat cheese, milk and black pepper in a medium bowl on medium speed until light and fluffy, approximately 1 minute.
3. Stir in the minced garlic, shallots, parsley, pine nuts and flaked sardines into the goat cheese mixture.
4. Mix well to combine.

TOTAL TIME:
30 MINUTES

SERVINGS:
12

NUTRITION:

Calories 80
Fat 6g
Sodium 40mg
Carbs 2g
Sugar 1g
Protein 4g



Recipe provided by Chicken of the Sea®

5. Slice the cucumber on the diagonal into 12, 1/2-inch thick slices.
6. Place 1 tablespoon of the goat cheese mixture on top of each cucumber slice.
7. Place a parsley leaf on top of the mixture.

Vegetable Sardine Cheese Bake

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, thinly sliced
- 1 pound button mushrooms, thinly sliced
- 1/4 teaspoon ground black pepper
- 1 pound tomatoes, sliced 1/4 inch thick
- 1 pound squash (zucchini or yellow), sliced 1/4 inch thick
- 1 large russet potato, sliced 1/4 inch thick
- 2 (3.75-ounce) cans Chicken of the Sea® Sardines in Water, chopped
- 1 tablespoon fresh thyme leaves, finely chopped
- 1 cup shredded low sodium mozzarella cheese

Directions:

1. Heat the oven to 375° F.
2. In a medium skillet, heat the oil over medium heat and cook the onion until slightly tender and lightly browned, or for approximately 5 minutes.
3. Add the mushrooms and black pepper; continue cooking for 5 minutes.
4. Spray a 9x13-inch baking dish with cooking spray and arrange the mushroom mixture evenly on the bottom of the dish.
5. Layer the tomatoes, squash, and potatoes over the mushroom mixture, fully covering.
6. Scatter the chopped sardines over the top of the vegetables.

TOTAL TIME:
20 MINUTES

SERVINGS:
4

NUTRITION:

Calories 310
Fat 14g
Sodium 270mg
Carbs 24g
Sugar 9g
Protein 25g



Recipe provided by Chicken of the Sea®

7. Sprinkle the chopped thyme and cheese on top of the sardines.
8. Cover the dish with foil and bake for 20 minutes.
9. Uncover and continue baking for approximately 20 more minutes, or until golden brown.

