



## **BROILED SARDINES WITH LEMON AND CILANTRO VINAIGRETTE**

3 cans **Crown Prince Natural Brisling Sardines in Water**, drained

*Vinaigrette:*

3 green onions, sliced

1 clove garlic, minced

1/2 cup olive oil

zested rind and juice of 1 1/2 lemons

4 tablespoons chopped fresh cilantro

2 tablespoons white wine vinegar

salt and black pepper to taste



In a medium bowl, combine all vinaigrette ingredients and mix well. Set aside. Arrange sardines in a single layer in a baking dish. Top sardines with vinaigrette and broil for 5-7 minutes or until heated through. *Serves 6.*

**NOTE:** Serve with rice or a fresh green salad.

*Per Serving: 273 Calories (234 Calories from Fat), 27g Fat, 7g Protein, 3g Carbohydrate, 30mg Cholesterol, 75mg Sodium*