



SPICY SARDINE MELT

4 cans **Crown Prince Natural Brisling Sardines in Mustard**

1/4 teaspoon crushed red pepper flakes

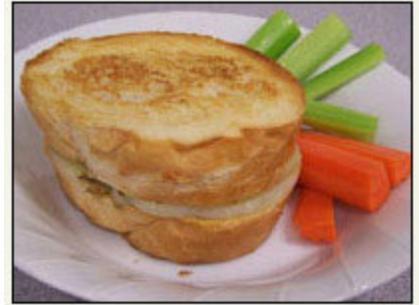
1/4 teaspoon garlic powder

1 medium onion, thinly sliced and separated into rings

8 slices mozzarella cheese

8 slices French bread

1/4 to 1/2 cup unsalted butter, softened



In a bowl, combine sardines, pepper flakes and garlic powder. Set aside. Sauté onion rings in one tablespoon of butter just until tender, then remove from heat. Place a slice of cheese on four slices of bread; top each with onions, sardine mixture, more onions, another slice of cheese and remaining bread. Butter the outsides of sandwiches. Cook on a griddle or in a large skillet over medium heat until both sides are golden brown and cheese is melted. *Serves 4.*

Per Serving: 850 Calories (429 Calories from Fat), 48g Fat, 33g Protein, 71g Carbohydrate, 124mg Cholesterol, 1670mg Sodium