



STUFFED SARDINES

- 4 cans **Crown Prince Natural Skinless & Boneless Sardines in Olive Oil**,
drained and fillets separated in half
- 3 tablespoons olive oil, divided
- 1 pound medium shrimp, peeled, deveined, cooked and finely chopped
- 1/4 cup cooked white rice
- 3 cloves garlic, minced
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped fresh basil
- 1 tablespoon thinly sliced green onions
- 2 tablespoons shredded Parmesan cheese
- 2 teaspoons lemon juice
- salt and black pepper to taste
- 1 egg, lightly beaten
- 3 tablespoons fresh bread crumbs



Preheat oven to 350°F. Grease an 8" x 11" baking dish with 1 tablespoon olive oil. Line half of the sardines in the dish. In a medium bowl, combine the shrimp, rice, garlic, mint, basil, onions, cheese and lemon juice. Season with salt and pepper, then stir in the egg. Divide the filling equally and spoon onto sardines. Cover with the remaining sardines. Sprinkle bread crumbs over the top and drizzle with remaining olive oil. Bake for 20 minutes, or until golden brown. *Serves 4.*

Per Serving: 467 Calories (230 Calories from Fat), 25g Fat, 51g Protein, 5g Carbohydrate, 277mg Cholesterol, 589mg Sodium