



DINNER

Sardine Tapenade

One of the most economical, easy to make and nutritious dishes I know of. By adding the sardines to the bland chickpeas and tasty tomatoes in this proportion makes this dish a surprisingly delicious “go-to meal.”

YIELD: Serves 6-8

INGREDIENTS

1 can sardines in olive oil (4.4 oz. chopped)
1 can chickpeas (15.5 oz. rinsed and drained)
1 can diced tomatoes (14 oz.)
1/2 cup green olives (halved and pitted)
1 tablespoon rosemary
1 tablespoon thyme
1 tablespoon oregano
1 teaspoon red pepper flakes
1 tablespoon avocado oil or olive oil
3 cloves garlic (thinly sliced)
Juice of a fresh lemon
Sea salt and black pepper to taste



DIRECTIONS

1. Heat skillet with avocado oil. Add garlic and cook until fragrant.
2. Add chickpeas, rosemary, thyme, oregano, and a pinch of red pepper flakes.
3. Cook until chickpeas begin to brown and pop (about 3 minutes on medium-high heat)
4. Stir in diced tomatoes with the liquid, 1/4 cup water and olives (pro tip add in a splash of the olive juice). Sprinkle with salt and pepper. Simmer.
5. Add in sardines, and simmer for 1 minute.
6. Spoon mixture onto your bed of choice, possibly lightly steamed kale. Squeeze fresh lemon juice on top of the dish. Enjoy!

NUTRITION GEM

Health Benefits of Chickpeas, Tomatoes & Sardines

Chickpeas — Supports healthy digestion and can help balance blood sugar. High in protein, fiber, vitamins, and minerals.

Tomato — High in lycopene and beta-carotene, a very potent carotenoid. Rich in phytonutrients, fiber, vitamin A, potassium, vitamin C, and vitamin B2.

Sardines — Excellent source of protein, omega-3 fatty acids, vitamins, and minerals. Nutrient dense and affordable.

