

## *Brisling Sardine and Beet Salad*

Serves: 4-6

### *Ingredients*

- 3 medium red beets, tops cut off and tails trimmed
- 3 medium gold beets, tops cut off and tails trimmed
- 2-3 tbsp extra virgin olive oil
- 1 cup sour cream
- 2 tbsp heavy cream
- 2 tbsp chopped fresh dill
- 1 lemon, zested and juiced
- 2-3 cups baby arugula
- 2 cups grape tomatoes, halved
- 1 can [Crown Prince Natural Mediterranean Style Brisling Sardines](#), drained
- ¼ cup toasted sliced almonds
- salt and black pepper, to taste



### *Directions*

Preheat oven to 350°F.

Wash beets under cold running water and place in a baking dish. Coat with a small amount of olive oil, salt and pepper. Add enough water to cover the beets about halfway. Cover baking dish with foil and place into oven. Bake for at least one hour or until the beets are tender. Remove from oven and allow to completely cool. When the beets have cooled, peel them with a paper towel by rubbing them until the skins are removed. Keep the red beets separate from the gold beets. Cut beets into wedges, coat with olive oil, and season with salt and pepper. Set aside. Keep refrigerated until ready for assembly.

In a small mixing bowl whisk together sour cream, heavy cream, dill, lemon zest and juice. Whisk until thick, then season with salt and pepper. Set aside. Keep refrigerated until ready for assembly.

On a large serving platter or individual serving plates, layer salad in the following order: sour cream mixture on the bottom, arugula, red beets, sardines (try to keep them as whole as possible), gold beets, tomatoes and almonds.