

## *Mediterranean Sardine Spring Salad*

Serves: 4-6

### *Salad Ingredients*

- 1 bunch asparagus, bottoms trimmed and cut in half
- 3 bell peppers (assorted colors), seeds removed and chopped
- 2 tbsp extra virgin olive oil
- salt and black pepper, to taste
- 1 red onion, chopped
- 1 cucumber, chopped
- 10 oz. package grape tomatoes, halved
- 1 can garbanzo beans, drained and rinsed
- 1 jar (6 oz.) pitted Kalamata olives
- 2 cans [Crown Prince Natural Mediterranean Style Brisling Sardines](#) (do not drain)

### *Vinaigrette Ingredients*

- ½ cup red wine vinegar
- 2 tsp Dijon mustard
- 2 cloves garlic, minced
- 2 tsp chopped fresh oregano
- ½ lemon, zested and juiced
- ½ cup extra virgin olive oil
- salt and black pepper, to taste



### *Directions*

Set oven to broil.

Place asparagus and bell peppers into a shallow baking dish. Drizzle with olive oil and sprinkle with salt and black pepper. Put under broiler and broil for 15-20 minutes or until vegetables start to char. Remove from oven and allow to completely cool.

Whisk together vinaigrette ingredients, taste and season as needed. Set aside.

Place all ingredients including the finished vinaigrette in a large mixing bowl. Carefully toss together and mix well.

Serve immediately or allow the salad to marinate in its own juices for a couple of hours before serving.