

## *Mediterranean Sardine & Garbanzo Bean Salad*

Serves: 4-6

### *Salad Ingredients*

- 1 cup thinly sliced red onion
- 1 cucumber, diced
- 1 cup grape tomatoes, halved
- 1 can garbanzo beans, drained and rinsed
- 1 cup halved pitted Kalamata olives
- 2 cups arugula
- 2 cans [Crown Prince Natural Mediterranean Style Brisling Sardines](#) (do not drain)

### *Vinaigrette Ingredients*

- ½ cup balsamic vinegar
- 2 tsp whole grain Dijon mustard
- 2 cloves garlic, minced
- 2 tsp chopped fresh oregano
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- ½ lemon, zested and juiced
- ½ cup extra virgin olive oil
- salt and black pepper, to taste



### *Directions*

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

Place all salad ingredients including half of the finished vinaigrette in a large mixing bowl. Carefully toss together and mix well. Add more vinaigrette if desired.