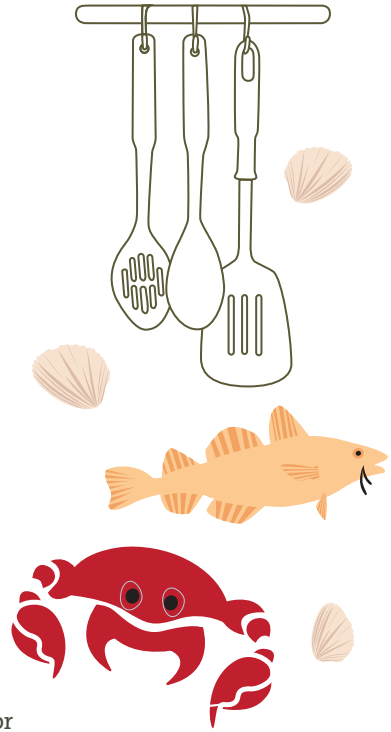
Sardine Crostini

Makes 6 servings.



INGREDIENTS:

- 1 can Pacific sardines
- 5 oz. chickpeas, drained and rinsed
- 3 tsp. sesame seeds
- 1 tbsp. parsley, finely chopped
- 1 clove garlic, minced
- 1 lemon, seeds removed & juiced
- Hot chili sauce, to taste (optional)
- 1/2 teaspoon salt
- 2-3 tbsp. of olive oil
- 15-20 baguette slices, sliced on diagonal angle & toasted
- Radish, mango, melon or cucumbers, thinly sliced
- For garnish: Fresh herb leaves (ex: basil, dill, or cilantro)

DIRECTIONS:

1. Blend sardines, chickpeas, sesame, parsley, garlic, lemon, hot sauce and salt in blender or food processor

2. Slowly pour in 2-3 tablespoons of olive oil while blending, continue until smooth

3. Plate baguette slices and get creative! Lay radish, mango, melon or cucumber slice on top and spoon on 1-2 teaspoons of sardine mix

4.Garnish with desired herbs and serve as an appetizer

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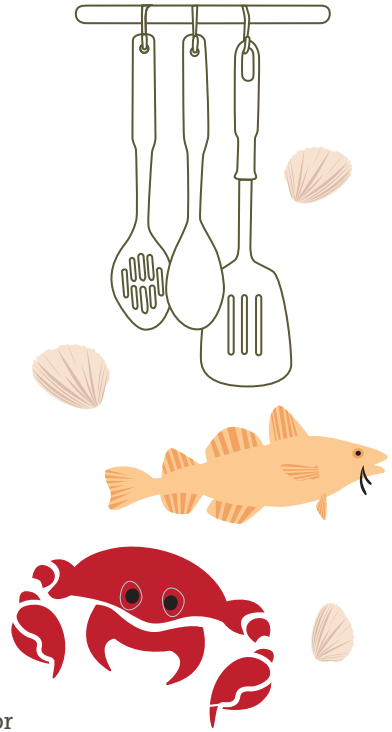

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