

Fabulous Food



Serve Sensational Sardine Flatbread

(NAPSA)—Whether for lunch, dinner or as a party appetizer, sardine flatbread can do it all. You can go as simple or as fancy as you like with your toppings. For a special taste sensation, add chopped red onion or artichoke hearts.

Sardine Flatbread

2-4 servings

- 1 can King Oscar Skinless & Boneless Spanish Style Sardines, drained, oil reserved
- 1 prepared flatbread or pizza crust, about 12" diameter
- 8 oz prepared olive tapenade
- 1 small zucchini, thinly sliced
- 1 sweet bell pepper, thinly sliced
- 2 Tbsp sun-dried tomatoes, sliced or chopped
- 1 oz Manchego or Parmesan cheese, shredded
- Lemon zest and chopped parsley, optional

Preheat oven to 400° F. Brush flatbread with reserved sardine oil, then spread with a thin layer of tapenade. Layer vegetables thinly over flatbread. Top with chunked sardine fillets. Sprinkle with cheese. Bake assembled flatbread on a nonstick cooking sheet for 10 minutes. Top with optional lemon zest and parsley and slice into desired serving sizes. Serve immediately.

Hints

Cut flatbread into smaller sizes and serve as an appetizer. Try with other sardine varieties for new and different flavors.

This dish is not only delicious, it's nutritious, too. Consider this: The U.S. government recently revised its Dietary Guidelines for Americans to strongly



You won't need to fish for compliments when you serve this savory Sardine Flatbread.

stress the need for increased consumption of seafood.

But which seafood? Concerns about overfishing and environmental contamination may make people unsure of their seafood choices, so here are two handy tips to make the choices clearer:

1. Seek sustainable fish: Some species of fish are in critical decline due to overfishing, so it's best to eat fish from healthy, renewable sources such as sardines, Alaskan salmon, catfish, crab and Atlantic mackerel.

2. Go for wild-caught: Food producers have reacted to depleted fisheries by "farming" seafood, either on land in pools or in shoreline pens. While this limits ocean overfishing, it can lead to other problems, such as sanitary conditions, environmental hazards and crossbreeding with native species. Wild-caught fish include sardines, mackerel, Pacific cod, wild trout and Pacific rockfish.

Learn More

You can find other information on the healthiest and most environmentally correct seafood at www.seafoodwatch.org. For more recipes and facts on fish, go to www.kingoscar.com/recipes.