



# Sardines & Avocado on Toast

Florida Seafood at Your Fingertips **LIVE!**

**Difficulty:** Simple

**Total time:** 20 min

**Servings:** 4

## Ingredients:

**2 tins** sardines in olive oil

**2 Tbsp** chopped parsley leaves or dried parsley

**1 Tbsp** sherry vinegar (or whatever type of vinegar you have on hand)

**¼ tsp** lemon zest, keep lemon for juice

**4 slices** of crusty bread such as sourdough

**1 large or 2 small** ripe Hass avocado(s)

Freshly ground black pepper

Coarse sea salt

## Instructions:

1. Drain the oil from 1 tin of sardines into a small bowl and set aside.
2. Drain the oil from the other tin of sardines into another small bowl and whisk in 1 tablespoon of parsley, vinegar, lemon zest, and black pepper (to taste). Add the sardines. Stir to combine and set aside for between 15 minutes to 1 hour.
3. 15 minutes before you're ready to serve put a rack 3-inches from the broiler and heat the oven to the broiler setting on high.
4. Brush each slice of bread on 1 side with the reserved oil (from step 1). Put the bread, oil side up, onto a cooling rack set inside a half sheet pan and broil 2 to 3 minutes or until golden brown and crisp.
5. Halve the avocado and remove the pit. Smash the flesh in each half with a fork.
6. Spread the avocado evenly onto the toasted bread. Top evenly with the sardines and mash into the avocado and bread. Pour any remaining dressing on top and garnish with the remaining parsley.
7. Season lightly with sea salt and squirt lemon juice on top.

Recipe from <https://www.foodnetwork.com/recipes/alton-brown/sherried-sardine-toast-recipe-1949095>



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### Florida Seafood at your Fingertips Species Profile:

Sardines are high in the omega-3 fatty acids, EPA and DHA. The USDA Dietary Guidelines for Americans 2015-2020 8th Edition says a healthy eating pattern includes a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and nuts, seeds, and soy products. It is recommended to eat 8 ounces of a variety of seafood per week. Sardines are higher in EPA and DHA and lower in methyl mercury so it's a good option.

Sardines are small forage fish that are found swimming in large groups or schools in the water column (they are considered pelagic). They are low in the food-chain and are an important food source for many other species higher up in the food chain such as carnivorous fishes, seals, sea lions, dolphins, whales, and seabirds. Sardines are a wild caught fishery and because they do school in large numbers can often be overfished. The population size can fluctuate naturally from year to year. Overfishing has occurred in many areas where they are harvested including along the coast of California. Fisheries managers look at population size as a measure for if the fishery is being overfished and will close the fishery if the population size is below a certain limit.

### Where to buy:

You can buy canned sardines at the grocery store usually in the canned meats aisle.

### Sustainability:

There are many different species of sardines and a variety of places around the world where sardines are caught. In the United States, the Pacific sardine fishery is currently closed because the population is estimated to be below a precautionary level set by managers

(<https://www.fisheries.noaa.gov/species/pacific-sardine>). The organization Seafood Watch recommends purchasing sardines from the Sonora, Gulf of California region and South Australia region, both of which are certified fisheries through the Marine Stewardship Council

(<https://www.seafoodwatch.org/seafood-recommendations/groups/sardine>).

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