

*Smoked Sardine Toast with Radicchio Salad and Pickled Onions - Heart-healthy toast that is great for #toasttuesday, lunch, or as an appetizer!*

## Ingredients

### Toast

- 2 slices of sourdough bread or bread of choice

### Spread

- ¼ cup Goat cheese, plain greek yogurt, or dairy/non-dairy spread of choice

### Radicchio Salad

- ½ head of radicchio (finely chopped)
- 5 radishes (thinly sliced)
- 1 English cucumber (thinly sliced)
- 5-10 olives (sliced in half)
- ¼ cup extra virgin olive oil
- 3 garlic cloves (minced or sliced)
- 1 tsp (or more) red hot chili flakes
- S&P

### Pickled Onions

- ½ red onion (thinly sliced)
- ½ cup apple cider vinegar (with the mother)
- 1 tsp fine sea salt
- ½ Tbsp pure maple syrup (or another sweetener)
- Filtered water

1 can smoked sardine filets of choice (wild-caught & sustainable)

### Garnish

- Lemon juice, sea salt flakes, fresh dill, extra virgin olive oil, capers, chili flakes

## Directions

1. In a 16 oz mason jar, place thinly sliced onions in a 16 oz mason jar or jar of choice. Add apple cider vinegar, sea salt, and sweetener of choice. Fill to the top with filtered water.

Screw on the lid and shake vigorously to combine all ingredients. Make sure the onions are evenly coated with the vinegar mixture. Let the onions marinate for 30 minutes.

2. In a medium bowl, add chopped radicchio and sliced radishes, cucumbers, and olives. In a small saucepan, heat oil on low-medium heat and add garlic. About halfway when the garlic is turning brown, sprinkle chili flakes. Once the garlic and chili flakes are aromatic, turn the heat off. Let the oil mixture cool before tossing it into the salad until fully coated. Season with S&P.
3. To assemble your smoked sardine toast: toast 2 slices of sourdough bread, spread dairy/nondairy mixture, top with radicchio salad mixture, pickled onions, 2-3 sardine filets per toast and garnish with desired toppings. Enjoy!
4. \*\*For the pickled onions - Refrigerate in a sealed container for up to two weeks. Great as a garnish on tacos, eggs, or making more smoked sardine toasts!
5. \*\*You will have leftover radicchio salad which is great as a side dish, turn into a meal by adding a fish of choice, or making more smoked sardine toasts!

### **Ingredients/kitchen tools used for this recipe:**

[Smoked sardine filets](#), [mandolin \(vegetable\) slicer](#), [16 oz mason jar](#)