

Sardines (Fish & Seafood)

Interesting facts: 1 can (92 grams) has only 191 calories and 23 grams of protein. Sardines are an important part of the open water food web. Many birds, marine mammals and other fishes eat sardines as a mainstay of their diets. Sardines are low on the oceanic food chain, and therefore contain low amounts of mercury, PCBs and the other toxins.

How to select: Choice pacific sardines packed in olive oil. Monterey Bay Aquarium's Seafood WATCH rates pacific sardines as a "Best Choice".

How to clean and store: To store the fresh sardines, remove them from the store packaging, rinse them and place them in a plastic storage bag as soon as you bring them home from the market. Place in a large bowl and cover with ice cubes or ice packs to reduce the temperature of the fish. Remember to drain off the melted water and replenish the ice as necessary. Although fresh sardines will keep for a few days using this method, we recommend using the sardines as soon as possible, within a day or two. Don't forget that fish not only starts to smell but will dry out or become slimy if not stored correctly.

How to prepare and cook: Grilled, Eat them out of the can, pickled

Grilled: If you are grilling fresh sardines fillet the fish taking out the bones. Wrap the fish in grape leaves soaked in olive oil and grill 2-3 minutes on medium and then turn over and cook 2 more minutes. Do not dry out the fish.

Eat them out of a can: Best way is to eat right out of the can or place on toast or put a few into a tomato sauce and serve over pasta.