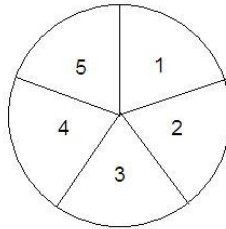


Sardine Paté

Serves 4

Portions of fruit & vegetables per serving: 0



Ingredients	Amount	Preparation
low fat soft cheese	75g (3oz)	
canned sardines	1can-125g (5oz)	drained
lemon juice	1 tablespoon	
garlic	1 clove	peeled and crushed
black pepper	to taste	

Please Turn Over



Method

- 1 Put the soft cheese into a mixing bowl and beat until it is smooth.
- 2 In a separate bowl, mash the drained sardines with a fork.
- 3 Add the lemon juice, garlic and mashed sardines to the cheese, season with the black pepper and mix thoroughly.
- 4 Keep refrigerated.

84 calories		Per serving
Fat	MEDIUM	5g
Saturates	MEDIUM	1.7g
Sugars	LOW	0.7g
Salt	MEDIUM	0.5g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Great spread on hot toast, as a dip with vegetable sticks or as a filling for sandwiches or jacket potatoes.
- Serve with salad to boost the portions of fruit & vegetables per serving.
- Sardines are a great source of omega 3 oils.

