



Harri's Sardine Sandwich with Mustard & Yogurt Butter

Chef Todd Gray, Equinox, Washington, D.C.

<http://equinoxrestaurant.com>

Make sure to use the sardines with the bones in and packed in oil. The bones are so small you don't even notice them, but they add calcium and the oil is packed with powerful Omega-3's.

Total Time: 15 minutes

Prep Time: 10 minutes

Cook Time: 5 minutes

Level: Easy

Yield: 4 sandwiches

Ingredients:

4 tablespoons unsalted butter, softened

2 tablespoons mayonnaise

2 teaspoons whole grain mustard

2 teaspoons Dijon mustard

Salt and freshly ground pepper to taste

1/2 cup non-fat Greek style yogurt

8 slices rye bread

Two 3.75-ounce cans sardines (oil-packed), bones in

1/2 cup very thinly sliced red onions

8 soft, sweet lettuce leaves (such as butter or Boston)



Directions:

Make the mustard butter:

With a fork, cream the butter in a small bowl or glass measuring cup. Mix in the mayonnaise, mustards and yogurt. Taste, and add salt and pepper if you wish—the amount will depend on your preference and the seasoning of the mustards you start with.

Assemble the sandwiches.

Toast the bread. Arrange all 8 slices on a work surface; spread some of the mustard and yogurt butter on each. Top each of 4 slices with a lettuce leaf and add the sardines and then the onions, dividing both equally. Top with another lettuce leaf and slice of bread. Cut each sandwich in half and serve.

To make it Parve, substitute margarine for the butter.



Harri's Sardine Sandwich with Mustard & Yogurt Butter
***Nutrition Analysis and Facts**

Per Serving

Nutrient	Rounded Nutritional Value	FDA Daily Values
Calories	950	0
Total Fat	23 g	35%
Saturated Fat	9 g	45%
Polyunsaturated Fat	3.0 g	0 g
Monounsaturated Fat	5.0 g	0 g
Trans Fat	1 g	0 g
Cholesterol	125 mg	41%
Potassium	220 mg	6%
Sodium	840 mg	35%
Carbohydrate	88 g	29%
Fiber	9 g	35%
Sugar	51 g	0 g
Protein	99 g	198%
Vitamin A	2673 IU	50%
Vitamin C	32 mg	50%
Calcium	1161 mg	120%
Iron	3 mg	15%
Vitamin E	1 mg	4%
Vitamin K	18 mcg	20%
Vitamin B 6	0 mg	4%
Folate	16 mcg	4%
Vitamin B 12	4 mcg	70%
Phosphorus	234 mg	25%
Zinc	1 mg	4%
Vitamin D	2 mcg	0%

**via FoodCare, Inc.*