

Spiced Sardine Spread

Serves 6-8 | 5 minutes

Nodding to Scandinavian-style open faced sandwiches called smørrebrød, this easy recipe is a summer go-to. The ingredients are inexpensive and readily available, and aside from chopping the peppers and herbs, there's basically no prep. We like to spread this on sturdy slices of toasted rye bread, and if you pair it with a salad you've got an essentially no-fuss recipe that doesn't require turning on the oven, something we appreciate as summer temps start climbing.

1 tin of Siesta Co. sardines in olive oil

2 cups Gina Marie Russian style farmers cheese

¼ cup chopped mint or parsley

2 ½ tablespoons Mama Lil's Goat Horn Peppers

1 tablespoon extra virgin olive oil

Flaky sea salt to taste

Step 1 Combine everything in a bowl and use a spoon to blend the sardines into the cheese. Taste and add salt if needed. Serve with bread or crackers.