

BRUNSWICK® *It's a Healthy Habit*



Brunswick® 3 Bean Sardine Salad

A colourful dish with lots of flavour!

2 cans BRUNSWICK® SARDINES, drained

1 can yellow beans (19 oz / 540 mL), drained

1 can green beans (19 oz / 540 mL), drained

1 can red kidney beans (19 oz / 540 mL), drained and rinsed

1 can sliced mushrooms (10 oz / 284 mL), drained

1 cup chopped onion

1 cup chopped celery

1/2 cup chopped green pepper

1/2 cup chopped red pepper

In a large bowl, whisk vinegar, oil, sugar and seasonings together. Add drained beans, mushrooms and chopped vegetables. Stir well. Cover and refrigerate for several hours. Before serving add BRUNSWICK® SARDINES, tossing gently to mix.

Serves 10.

Total Preparation Time: 15 minutes.

Nutritional Information

Nutritional Information Per Serving

Energy 868 kJ (208 Cal), Fat 7.7 g, Saturated Fat 0.8 g, Omega-3 0.8 g, Cholesterol 22 mg, Sodium 608 mg, Potassium 335 mg, Carbohydrate 26.2 g, Fibre 4.8 g, Sugars 14.2 g, Protein 8.4 g, Vitamin A 55 g, Vitamin C 25.5 mg, Calcium 97 mg, Iron 2.0 mg.



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Brunswick® Asian Noodle Salad

Incredible Asian flair!

2 cans BRUNSWICK® SARDINES,
drained

3.5 oz / 100 g whole wheat or multi-
grain spaghetti

4 cups romaine lettuce, washed and
torn

1/2 cup carrots, julienned

1/2 cup radishes, julienned

1/2 cup snow peas

1/2 cup baby corn, canned, drained

2 green onions, chopped

1/2 cup / 125 mL light soya sauce

1 tbsp / 15 mL sesame oil

1 tbsp / 15 mL rice wine vinegar

1 tsp garlic, minced

2 tsp sugar

1/4 tsp ginger, ground

Cook pasta as directed on package;
rinse with cold water and drain. Add
vegetables. Whisk dressing ingredi-
ents together and pour over salad,
tossing gently to mix. Add BRUNSWICK® SARDINES.

Serves 4.

Total Preparation Time: 20 minutes.

Nutritional
Information

Nutritional Information per
serving

Calories 250 Fat 8 g, Satu-
rated Fat 1.5 g, Trans Fat 0 g,
Omega-3 0.7 g, Cholesterol
55 mg, Sodium 1360 mg,
Potassium 490 mg, Carbohy-
drate 29 g, Fiber 4 g, Sugars
5 g, Protein 16 g, Vitamin A
5400 IU, Vitamin C 25 mg,
Calcium 159 mg, Iron 2.7 mg.



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Brunswick® Broiled Rye Fingers

Great for entertaining or as a scrumptious snack.

2 cans BRUNSWICK SARDINES IN SOYA OIL

For added flavour, try - BRUNSWICK SARDINES WITH HOT PEPPERS

8 slices Dark rye bread or bread of your choice,

cut into 2.5 cm fingers, buttered on both sides

Choice of : Hot mustard, Dried dill, Hot pepper sauce, Thyme, Parmesan cheese, Salsa

1/2 cup Cheddar cheese, grated

Flake BRUNSWICK SARDINES with a fork and spread on each rye bread finger. Add condiment(s) of choice. Top with grated cheese. Place on baking sheet and broil or bake at 220°C for 8 to 10 minutes or until cheese is melted.

Makes 40 pieces or about 8 appetizer servings.

Total preparation time: 20 minutes.

Nutritional Information

Nutritional Information Per Serving

Serving size: 5 fingers

About 195 Calories, Protein 10 g, Total Fat 10 g, Cholesterol 45 mg, Omega-3 0.3 g, Carbohydrate 18 g, Fibre 2 g, Sugars 1 g, Sodium 230 mg, Potassium 325 mg, 14% calcium, 10% iron.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Burritos

Simply put, these burritos taste fantastic. A fiesta of flavour!

2 cans BRUNSWICK® SARDINES IN HOT PEPPERS, drained

4 soft tortillas

1 small can green chilies

1/2 cup shredded cheddar cheese

1/2 cup / 125 mL Salsa

1/4 cup / 50 mL Sour cream

Choice of: chopped onion, sweet green pepper, lettuce, jalapeno or other peppers, refried beans

Flake BRUNSWICK® SARDINES with a fork and spread over tortilla shells. Add chilies, cheese, salsa, sour cream and other desired toppings. Roll up the burrito. Serve with additional salsa and sour cream.

Alternate Serving Suggestion: Place rolled burritos in a baking dish (use no-stick spray), top with another 1/2 cup of shredded cheddar cheese and bake at 375°F / 190°C for 15 minutes or until heated through. Serve with additional salsa and sour cream.

Makes 4 servings.

Total preparation time: 30 Minutes

Nutritional Information

Per Serving
Serving Size: 1 burrito

About 360 calories, Protein 19 g, Total Fat 17 g, Cholesterol 75 mg, Omega-3 0.7 g, Carbohydrate 33 g, Fibre 1 g, Sodium 800 mg, Potassium 190 mg, 22% calcium, 21% iron.



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Brunswick® Choice Sardine Salada

Healthy and light. A great start to a meal or a meal in itself.

2 cans BRUNSWICK Sardines

6 cups Mixed salad greens, washed and torn

2 Hard-cooked eggs, sliced

½ medium Sweet red pepper, sliced

¾ cup Dijon or Tomato Vinaigrette

Place salad greens in large bowl.

Flake BRUNSWICK® Sardines with a fork.

Arrange sardine pieces, egg and red pepper slices on greens. Top with Dijon or Tomato Vinaigrette and serve. For vinaigrette, whisk all ingredients. Refrigerate unused portions.

Dijon Vinaigrette

¼ cup Dijon mustard

¼ cup Olive oil

¼ cup White vinegar

1 tbsp Sugar

¼ tsp Salt

¼ tsp Black pepper

½ tsp Dried tarragon

Tomato Vinaigrette

¼ cup Ketchup

¼ cup Olive oil

¼ cup Cider or Wine vinegar<

1 tbsp Sugar

¼ tsp Salt

¼ tsp Black pepper

1 tsp Dried oregano

1 tsp Dried basil

½ tsp Garlic powder

Whisk all ingredients. Refrigerate unused portions.

Total preparation time: 15 Minutes
Makes 4 servings. book

Nutritional Information

Per Serving

Serving Size: 2 cups salad and 3 tbsp dressing

About 290 calories, Protein 15 g, Total fat 22 g, Polyunsaturated Fat 5 g, Monounsaturated Fat 14 g, Saturated Fat 3 g, Omega-3 0.7 g, Carbohydrate 9 g, Fibre 2 g, Sugars 4 g, Sodium 680 mg, Potassium 490 mg, Calcium 19%, Iron 21%.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Cioppino

What better way to relax and unwind than with hot, steamy soup to comfort the soul...

2 cans BRUNSWICK® SARDINES
 1 tbsp / 15 mL olive oil
 1/3 cup onion, chopped
 1/4 cup red bell pepper, in thin strips
 1/4 cup celery, chopped
 2 tsp garlic, minced
 dash hot red pepper flakes
 1 can canned tomatoes (28 oz / 796 mL)
 3 cups / 750 mL fish or chicken broth (canned or from bouillon)
 1 tsp sugar
 1 tbsp fresh parsley, chopped
 1 bay leaf
 1 tsp thyme, fresh (or 1/2 tsp dried)
 1 tbsp basil, fresh or dried (or 1 tsp dried)
 1/2 tsp black pepper
 1/2 cup / 125 mL medium dry white wine
 5 cups mixed seafood (ie. shrimp, scallops, mussels in shell)

Heat oil in large pot. Sauté vegetables until just starting to soften, about 4 minutes. Add tomatoes, broth, sugar, seasonings (except for parsley) and wine. Simmer for 25 minutes. Add seafood and BRUNSWICK® SARDINES. Simmer for an additional 3-5 minutes until seafood is cooked and heated through. Add parsley to each serving.

Serves 10.
 Total preparation time: 40 minutes.

Nutritional Information

Nutritional Information Per Serving
 Calories 180, Fat 7 g, Saturated Fat 2.5 g, Trans Fat 0 g, Omega-3 0.5 g, Cholesterol 100 mg, Sodium 510 mg, Potassium 530 mg, Carbohydrate 7 g, Fiber 1 g, Sugars 4 g, Protein 20 g, Vitamin A 1010 IU, Vitamin C 16 mg, Calcium 164 mg, Iron 2.4 mg.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Crispy Sardine Pizza

Bravo!! This nutritious, quick and easy pizza is a hit for any occasion.

1 can BRUNSWICK® SARDINES IN TOMATO SAUCE

1/2 loaf crusty bread

1/2 cup / 125 mL prepared pizza or pasta sauce

1 cup shredded mozzarella cheese

1/4 cup sweet green pepper, cut into strips

1/4 cup sliced mushrooms

4 slices bacon, cut into pieces

Using the top or bottom half of the crusty bread loaf, remove 1/2" / 1 cm in depth of the inner bread. Leave outer crust intact. Loosely wrap aluminum foil around the outside of the bread. Spread pizza sauce over the bread. Add shredded cheese. Flake the BRUNSWICK® SARDINES (with sauce) with a fork and spread over cheese layer. Add green peppers and mushrooms. Add bacon. Place bread with its toppings on a baking sheet and bake at 400°F / 200°C for 15 minutes or until heated through.

Makes 4 servings.

Total preparation time: 30 minutes.

Alternate Serving Suggestions:
Replace the vegetables and cheese with your favourite varieties. Cut in smaller pieces and use as appetizers.

Nutritional Information

Nutritional Information Per Serving

Serving size: 1/4 of the pizza

About 420 calories, 24 g protein, 20 g total fat, 85 mg cholesterol, 0.6 g omega-3, 35 g carbohydrate, 2 g fibre, 750 mg sodium, 260 mg potassium, 45% calcium, 20% iron.



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Brunswick® Fire and Spice Sardines

This recipe captures perfectly the warmth and flavour of the Caribbean.

3 cans BRUNSWICK® SARDINES in Tomato Sauce, or Hot Peppers
3 tbsp / 45 mL olive oil
1 cup chopped onion
1 large green bell pepper, chopped
6 cloves garlic, chopped
1 tsp black pepper
1 tsp thyme, dried
2 tbsp oregano, dried
1 tbsp parsley, dried
1 tsp allspice, ground
1/2 tsp cayenne pepper
1 tsp salt
2 1/2 cups / 625 mL chicken broth (canned or from bouillon)
1 cup long grain brown rice, dry
3 cans (14-19 fl oz / 398-540 ml) assorted beans, rinsed and drained (kidney, black, white, romano, etc.)

Heat oil in large pot. Sauté vegetables until just starting to soften, about 3 minutes. Add seasonings, broth, rice and beans. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until rice is almost cooked. Add BRUNSWICK® SARDINES. Simmer for an additional 3-5 minutes until heated through.

Serves 10.

Total preparation time : 35 minutes.

Nutritional Information

Per Serving Serving size: 1 cup About 425 calories 18 g protein 20 g total fat 50 mg cholesterol 0.7 g omega-3 44 g carbohydrate 5 g fibre 3 g sugars 780 mg sodium 670 mg potassium 15% calcium 45% iron.



BRUNSWICK®



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Brunswick® Fisher's Creamy Potato Salad

Comfort food at its best with the healthy addition of BRUNSWICK®!

2 cans BRUNSWICK® SARDINES, drained.

1.5 lb / 700 g baby or fingerling potatoes

1/2 cup red bell pepper, chopped

1/2 cup celery, chopped

1/4 cup green onions, chopped

1/3 cup / 75 ml light whipped salad dressing

1/3 cup / 75 ml light Italian salad dressing

6 lettuce leaves

salt & pepper to taste

Wash potatoes and cook until done in microwave oven or in boiling water. Do not overcook and do not peel. Slice potatoes while still warm. In a bowl, mix the vegetables with the warm potatoes. Mix both dressings together and pour over potatoes. Add BRUNSWICK® SARDINES and mix. Serve warm or chilled on lettuce leaves.

Serves 6.

Total Preparation Time: 20 minutes.

Nutritional Information

Nutritional Information
Serving size : 1 sandwich

Calories 350, Fat 17 g, Saturated Fat 3 g, Trans Fat 0.5 g, Omega-3 1.2 g, Cholesterol 110 mg, Sodium 630 mg, Potassium 420 mg, Carbohydrate 26 g, Fiber 4 g, Sugars 4 g, Protein 24 g, Vitamin A 430 IU, Vitamin C 2 mg, Calcium 292 mg, Iron 3.9 mg.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Herb and Garlic Sardine Spread

A Mediterranean medley of flavour.

1 can BRUNSWICK® SARDINES IN HOT PEPPERS

1/2 cup / 125 mL butter or margarine, softened

4 to 6 cloves garlic, minced

1 tbsp paprika

1 tbsp parsley, flakes

1 tsp dried oregano

Mix all ingredients, except parsley and oregano, by hand or with food processor. Stir in parsley and oregano. Store in refrigerator.

Can be used as a spread for making garlic toast – broil one side of crusty bread; turn and cover other side with Herb and Garlic Spread; return to broiler until lightly browned; serve.

Makes about 12 servings as a spread.

Total preparation time: 5 minutes.

Nutritional Information

Per Serving Serving Size: 1 tbsp About 83 calories, Protein 2 g, Total Fat 8 g, Omega-3 0.2 g, Carbohydrate 1 g, Sodium 95 mg, Potassium 40 mg, Calcium 2%, Iron 2%.



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Brunswick® Hot Pepper Quesadillas

Taste fiesta! A BRUNSWICK® twist to a spicy favourite for lunchtime, snacking or entertaining.

- 1 can BRUNSWICK® SARDINES, drained
- 4 whole wheat tortillas, 8" / 20 cm
- 2 tbsp light cream cheese
- 2 tbsp green chillies, canned
- 1/4 cup red bell pepper, in thin strips
- 1/4 cup green bell pepper, in thin strips
- 1/2 cup light cheddar cheese, shredded

Spread the cream cheese on two tortillas. Divide the chillies, bell peppers BRUNSWICK® SARDINES and spread over the cream cheese layer. Add cheddar cheese and press remaining two tortillas on top of each quesadilla. Brush top of each quesadilla with olive oil or spray with nonstick spray. Place oiled side down in a preheated skillet. Lightly brown the bottom tortilla. Oil or spray the top tortilla, carefully flip the quesadilla and heat through till cheese is melted. Serve with salsa, light sour cream, jalapenos or your other favourite garnishes.

Serves 4.
Total preparation time: 15 minutes.

Nutritional Information

Serving size : 1/2 of the quesadilla. Calories 220, Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Omega-3 0.3 g, Cholesterol 35 mg, Sodium 390 mg, Potassium 190 mg, Carbohydrate 22 g, Fiber 2 g, Sugars 1 g, Protein 14 g, Vitamin A 620 IU, Vitamin C 18 mg, Calcium 178 mg, Iron 1.6 mg.



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Brunswick® Jalapeno Zingers

Hot spicy snacks with lots of zing!

1 can BRUNSWICK® SARDINES IN SOYA OIL, drained and cut to fit jalapeno halves

12 fresh jalapenos, washed, halved and seeded

1/2 cup light cream cheese

1/2 cup salsa

1/2 cup Tex Mex blend shredded cheese

2 tbsp chopped cilantro

2 tbsp chopped yellow bell pepper

Spread 1 tsp cream cheese inside each jalapeno half. Place on a baking sheet. Top each with salsa, BRUNSWICK® SARDINES, cheese, cilantro and yellow pepper. Bake at 450°F for 10 minutes or grill directly on the BBQ (medium heat) for 5 minutes until jalapeno skin blisters and the cheese bubbles.

Serves 12.

Total Preparation Time: 20 minutes.

Nutritional Information

Nutritional Information Per Serving

Calories 60, Fat 4 g, Saturated Fat 2.0 g, Trans Fat 0.1 g, Omega-3 0.1 g, Omega-6 0.4 g, Cholesterol 15 mg, Sodium 140 mg, Potassium 100 mg, Carbohydrate 2 g, Fibre 0.5 g, Sugars 1.5 g, Protein 4 g, Vitamin A 41 mg, Vitamin C 9 mg, Calcium 69 mg, Iron 0.4 mg.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Kippered Vinaigrette Potato Salad

Pizzazz, great taste and comfort – a winning combination

2 cans BRUNSWICK® SARDINES, drained

1.5 lb baby or fingerling potatoes

1/2 cup red bell pepper, chopped

1/2 cup celery, chopped

1/4 cup green onions, chopped

1/2 cup / 125 mL dijon mustard

1/4 cup / 50 mL olive oil

1/2 cup / 125 mL cider vinegar

2 tbsp sugar

1 tsp dried dill weed

6 lettuce leaves

salt & black pepper to taste

Wash potatoes and cook until done, in microwave oven or in boiling water. Do not overcook and do not peel. Slice potatoes while still warm. In a bowl, mix the vegetables with the warm potatoes. Whisk dressing ingredients together and pour over potatoes. Add BRUNSWICK® SARDINES and mix. Serve warm or chilled on lettuce leaves.

Serves 6.

Total Preparation Time: 20 minutes.

Nutritional Information

Nutritional Information Per Serving
 Calories 275 Fat 13 g (21%DV) Saturated Fat 2 g (9%DV) Trans Fat 0 g Omega-3 0.5 g Cholesterol 35 mg (12%DV) Sodium 610 mg (26%DV) Potassium 250 mg (7%DV) Carbohydrate 30 g (10%DV) Fiber 2 g (10%DV) Sugars 7 g Protein 11 g Vitamin A 854 IU (15%DV) Vitamin C 50 mg (80%DV) Calcium 120 mg (10%DV) Iron 2.6 mg (15%DV).



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Mixed Green Stir Fry

A tasty twist on an old favourite!

2 cans BRUNSWICK® SARDINES,
any Flavour

2 tbsp / 30 mL olive oil

1 tsp garlic, minced

1 tbsp sesame seeds

1/2 tsp hot red pepper flakes

1 cup green beans, fresh or frozen,
French cut

2 stalks celery, chopped

1 medium onion, sliced

1 cup mushrooms, sliced, canned or
fresh

8 cups mixed greens (ie. chard, spin-
ach, bok choy, beet greens)

2 tbsp / 30 mL light soya sauce

Heat oil in large wok or skillet.
Add garlic, sesame seeds, pepper
flakes, beans, celery, onions and
mushrooms. Sauté until vegetables
are tender-crisp, about 5 min-
utes. Add greens, soya sauce and
BRUNSWICK® SARDINES, toss-
ing gently. Cover and heat through,
about 3 minutes.

Serves 4.

Total preparation time: 20 minutes.

Nutritional Information

Nutritional Information Per
Serving Calories 200 Fat 12 g,
Saturated Fat 2 g, Trans Fat
0 g, Omega-3 0.7 g, Choles-
terol 55 mg, Sodium 650 mg,
Potassium 740 mg, Carbohy-
drate 10 g, Fiber 4 g, Sugars 3
g Protein 14 g, Vitamin A 4000
IU, Vitamin C 27 mg, Calcium
225 mg, Iron 4.5 mg.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Sardine Wrap-ups

Wrap & roll, then watch them go. These tasty lunch treats make great appetizers and healthy snacks too.

2 cans BRUNSWICK Sardines in Soya Oil, drained

For added flavour try BRUNSWICK Sardines in Hot Peppers

4 soft tortillas or other flat bread

½ cup grated mozzarella, cheddar or monterey jack cheese

Choice of: Onion slices, sweet green pepper strips, tomato slices, cucumber slices, shredded lettuce, choice of pickle slices, black olive pieces, jalapeno pepper slices, ranch dressing, mustard or mayonnaise

Flake BRUNSWICK Sardines with a fork.

Spread a layer of sardine pieces over the bread.

Top with cheese, dressing and other fillings of choice.

Roll the sandwich wrap, jelly-roll fashion, and secure with a toothpick.

Makes 4 servings.

Total preparation time: 15 minutes

Nutritional Information

Per Serving Serving size: 1 wrap About 365 calories, Protein 19 g, Total Fat 17 g, Cholesterol 70 mg, Omega-3 0.3 g, Carbohydrate 33 g, Fibre 1 g, Sugars 2 g, Sodium 690 mg, Potassium 315 mg, Calcium 23%, Iron 21%.



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Brunswick® Seafood Tacos

A popular dish with a seafood twist!

2 cans BRUNSWICK® SARDINES IN SOYA OIL, drained and split

12 tortillas, hard or soft, 6 inch / 15 cm

1 bag shredded coleslaw mix (8 oz / 227 g)

1/3 cup / 75 mL light ranch dressing

1/3 cup / 75 mL light coleslaw dressing

salt & pepper to taste

3/4 cup guacamole

3/4 cup salsa verde

1/4 cup red bell pepper, finely chopped

1 can mandarin orange segments (10 oz / 284 mL), drained (optional)

non-stick cooking spray

Combine coleslaw mix with dressings and salt and pepper to taste. Chill until ready to use. Heat tortillas on both sides in a skillet that has been lightly coated with nonstick cooking spray. Remove from skillet and spread with guacamole. Add BRUNSWICK® SARDINES and top with coleslaw mixture, salsa verde and red peppers. Top with oranges, if desired.

Serves 6.

Total preparation time: 15 minutes.

Nutritional Information

Nutritional Information Per Serving

Calories 330, Fat 15 g, Saturated Fat 2.5 g + Trans Fat 0 g, Omega-3 0.8 g, Omega-6 4.7 g, Cholesterol 40 mg, Sodium 600 mg, Potassium 470 mg, Carbohydrate 38 g, Fibre 6 g, Sugars 11 g, Protein 11 g, Vitamin A 75 RE, Vitamin C 40 mg, Calcium 162 mg, Iron 1.9 mg.



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Brunswick® Seaside Stir Fry

A traditional quick and easy favourite updated with the flavours of BRUNSWICK®

2 cans BRUNSWICK® SARDINES, drained

4 cups mixed stir fry vegetables, fresh or frozen (ie. carrots, broccoli, mini-corn, celery, snow peas, bell peppers)

1/4 cup green onion, chopped

1/2 cup mushrooms, sliced, canned or fresh

2 tsp / 10 mL light soya sauce

1/2 tsp / 2 mL sesame oil

1 tsp / 5 mL oyster sauce

1 tsp garlic, minced

1 tbsp / 15 mL vegetable oil

salt to taste

Heat oil in wok or skillet. Add vegetables and seasonings. Sauté until vegetables are tender-crisp, about 6 minutes. Add BRUNSWICK® SARDINES to vegetables, tossing gently, and heat through.

Serves 3.

Total Preparation Time: 20 minutes.

Nutritional Information

Nutritional Information Per Serving
Calories 200, Fat 11 g, Saturated Fat 1.5 g, Trans Fat 0 g, Omega-3 1.3 g, Cholesterol 75 mg, Sodium 370 mg, Potassium 690 mg, Carbohydrate 11 g, Fiber 4 g, Sugars 5 g, Protein 16 g, Vitamin A 6650, Vitamin C 61 mg, Calcium 220 mg, Iron 3.1 mg.



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Brunswick® Seaside Toasted Cheese Melt

Delicious, quick and convenient comfort food.

1 can BRUNSWICK SARDINES, any flavour

4 slices sandwich bread, white or whole wheat

4 slices processed cheddar cheese

4 slices bacon, cut into pieces & partially cooked (or prepared bacon bits)

Place bread slices on baking sheet and broil in oven until browned. Remove bread from oven and turn slices over.

Top each slice with cheese, BRUNSWICK SARDINES (flaked with a fork) and bacon pieces. Return to oven and broil until toppings are hot and cheese is melted.

Makes 4 servings.
Total preparation time: 15 minutes.

Nutritional Information

Per Serving Serving Size: 1 sandwich About 215 Calories, Protein 14 g, Total Fat 12 g, Cholesterol 55 mg, Omega-3 0.4 g, Carbohydrate 13 g, Fibre 2 g, Sugars 1 g, Sodium 630 mg, Potassium 205 mg, Calcium 19%, Iron 11%.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Zesty Sardines

Our famous sardines with lots of zest!

- 2 cans BRUNSWICK® SARDINES
- squeeze of fresh lime juice
- 2 tomatoes, chopped
- 1 onion, thinly sliced
- 1 ripe bell pepper (small), finely chopped
- olive oil
- salt and freshly ground black pepper

Drain BRUNSWICK® SARDINES, place on platter. Squeeze lime juice over sardines. Toss with tomatoes, onion and bell pepper. Generously drizzle with olive oil. Season to taste with salt and freshly ground black pepper. Serve with warm crusty rolls.

Serves 4.
Total preparation time: 25 minutes.

Nutritional Information

Nutrition Information : per serving
 Calories 123.3, Protein 10.1 g, Carbohydrates 5.3g, Fat 7.2 g, Saturated Fat 1.4 g, Trans Fat 0.0 g, Omega-3 0.70 g, Cholesterol 55 mg, Sodium 137 mg, Potassium 340 mg, Calcium 124 mg, Iron 1.3 mg.



BRUNSWICK® *It's a Healthy Habit*



Brunswick® Zesty Tradewinds Salad

Feast your eyes and your taste buds on this zesty, colourful salad – a meal in itself!

- 2 cans BRUNSWICK® SARDINES, drained
- 2 romaine hearts
- 2 large oranges, peeled and sectioned
- 2 cups grape tomatoes
- 1/2 medium red onion, sliced
- 2 cups broccoli florets
- 2 tbsp / 30 mL balsamic vinegar
- 2 tbsp / 30 mL olive oil

Prepare vegetables and oranges. Drizzle with oil and vinegar. Add BRUNSWICK® SARDINES.

Serves 4.
Total preparation time: 15 minutes

Nutritional Information

Nutritional Information Per Serving

Calories 240, Fat 12 g, Saturated Fat 2 g, Trans Fat 0 g, Omega-3 0.8 g, Cholesterol 30 mg, Sodium 160 mg, Potassium 690 mg, Carbohydrate 23 g, Fiber 5 g, Sugars 14 g, Protein 13 g, Vitamin A 3350 IU, Vitamin C 90 mg, Calcium 128 mg, Iron 2.7 mg.



BRUNSWICK®



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Classic Brunswick® Sardine Sandwich

Tasty; simple, nutritious. A true Classic!

1 can BRUNSWICK® SARDINES, drained

2 slices multigrain bread, plain or toasted

2 tsp margarine

2 slices red onion, thin slices

1 lettuce leaf

Spread margarine on bread. Build sandwich with BRUNSWICK® SARDINES and condiments of your choice.

Serves 1.

Total preparation time: 5 minutes

Alternate Serving Suggestion: Add tomato, cucumber or your favourite cheese.

Nutritional Information

Nutritional Information Serving size : 1 sandwich
Calories 350, Fat 17 g, Saturated Fat 3 g, Trans Fat 0.5 g, Omega-3 1.2 g, Cholesterol 110 mg, Sodium 630 mg, Potassium 420 mg, Carbohydrate 26 g, Fiber 4 g, Sugars 4 g, Protein 24 g, Vitamin A 430 IU, Vitamin C 2 mg, Calcium 292 mg, Iron 3.9 mg.



BRUNSWICK®



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Toasty Brunswick® Frittata

A satisfying, well-balanced start to your workday or for a relaxed Sunday brunch.

- 2 cans BRUNSWICK® Sardines
- 6 eggs
- 1/4 cup / 50 mL skim milk
- 1/4 cup onion, chopped
- 1/3 cup red bell pepper, chopped
- 2 tbsp fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 8 asparagus spears, canned, drained
- 1/3 cup feta cheese, crumbled (or other shredded cheese)
- salt & pepper to taste

Whisk eggs, milk, onion, pepper and seasonings. Pour into a 10"/ 25 cm skillet that has been coated with the nonstick spray. Cover with lid and cook over medium-low heat for about 10 minutes. Arrange asparagus, cheese and BRUNSWICK® SARDINES on top of egg mixture. Replace lid and cook until egg mixture is cooked through and cheese is melted, about 5 more minutes. Cut into wedges and serve.

Serves 8.

Total preparation time: 20 minutes.

Alternate Serving Suggestion: Cut in smaller pieces and serve as appetizers. Use broccoli instead of asparagus.

Nutritional Information

Nutritional Information

Serving size : 1/8 of the Frittata

Calories 120, Fat 8 g, Saturated Fat 2.5 g, Trans Fat 0 g, Omega-3 0.4 g, Cholesterol 175 mg, Sodium 280 mg, Potassium 210 mg, Carbohydrate 3 g, Fiber 1 g, Sugars 2 g, Protein 10 g, Vitamin A 880 IU, Vitamin C 18 mg, Calcium 81 mg, Iron 1.5 mg.

