



National Nutrition Month®

PHILABUNDANCE

Mackerel Salad Sandwich

Serves 2

Ingredients:

- 1 (4.25-ounce) can mackerel or sardines in olive oil, drained
- 2 tablespoons lemon juice
- ½ teaspoon capers
- 1/8 teaspoon salt
- ½ medium avocado, peeled, pitted, and mashed
- 4 slices tomato
- 4 lettuce leaves
- 4 slices whole-grain bread

Directions:

1. In a small bowl, combine mackerel, lemon juice, capers, salt, and avocado. With a fork, break up mackerel into small pieces and mix well, coating it evenly with the other ingredients.

2. Assemble sandwiches with mackerel salad, tomato, and lettuce on bread.

Source: Patinella, S., Romey, A., McClafferty, H., Deutsch, J. & Mascarenhas, M. (2021). *The Anti-Inflammatory Family Cookbook*, p. 133.