

Sardine Sourdough Toast With Tomatoes & Capers

1 MIN READ

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A five-minute toast that makes omega-3s easy, even for sardine skeptics.

If sardines still feel like a leap, start here. Layered over garlic-rubbed sourdough and mashed avocado, they taste bright and savory rather than fishy — thanks especially to the adornment of lemon, capers, and fresh herbs. The payoff is real: sardines are rich in omega-3 fats and protein, and the olive oil and avocado help your body absorb lycopene, the antioxidant that gives tomatoes their color. It's a five-minute meal built for a longer healthspan, not to mention a low-mercury way to get your twice-weekly serving of fish.

The Recipe: Sardine Sourdough Toast With Tomatoes & Capers

Serves 1

Ingredients:

- 1 slice sourdough bread
- 1 small garlic clove, halved
- ½ ripe avocado
- 1 heirloom tomato, thinly sliced
- ½ can (about 2 oz) boneless, skinless sardines packed in olive oil, drained

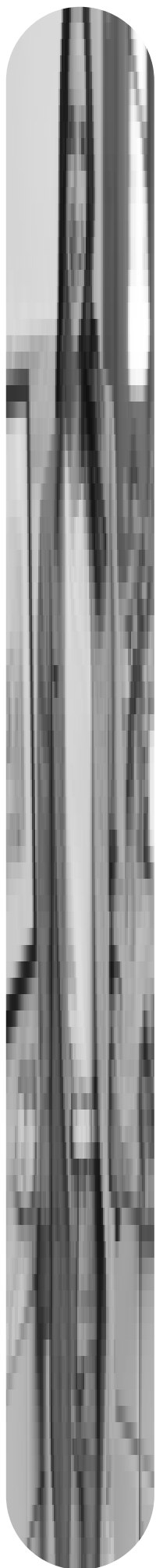
- 1 tbsp. capers, drained
- ■ 1 tsp fresh lemon juice
- ■ 1 tsp extra-virgin olive oil
- ■ Freshly ground black pepper
- ■ Flaky sea salt, to taste
- ■ Red pepper flakes, optional
- ■ Fresh parsley or basil

Directions:Â

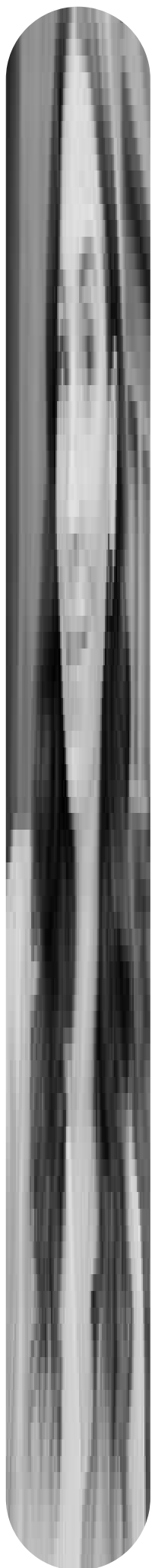
1. 1 Toast the bread until golden and crisp. Rub the warm toast with the cut side of a garlic clove.
2. 2 Mash the avocado onto the toast and season with a pinch of salt, black pepper, and a squeeze of lemon juice.
3. 3 Layer the sliced tomatoes and sardines over the avocado. Sprinkle with capers and drizzle with olive oil.
4. 4 Add another squeeze of lemon, freshly cracked black pepper, and red pepper flakes if desired. Top with fresh parsley or basil and enjoy!Â

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