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Sardines are very popular among almost all the coastal areas of the world. They are one of the most easily available and, hence, most affordable fish one can get. If you are bored of having the same old music of chicken and mutton for your meals, you can make some new spicy recipes with sardines. Sardines are basically oily and they are small in size. Hence they are canned and sold and all one has to do is open the can and cook them.

Although cooking them is easy and you can make some simple yet delicious dishes with them, sardines could make exotic stuff as well. They provide a welcome relief to your taste buds with their distinct flavor and you can hence make the most of them with their poly nature. On the other hand, sardines are also good for health. They belong to the herring family and they are found in plenty at sea.

Sardines are rich in Omega 3 fatty acids and they are also known to prevent Alzheimerâ€™s disease. So they are beneficial for the diabetics and are a rich source of Vitamin D, B2 and calcium. And like any other sea fish, they are free from contamination because fish bred in captivity are often treated to chemicals to look fresh and grow bigger. Being sea fish and caught from their natural habitat, this possibility is almost nil in sardines.

But since canned sardines do not remain fresh for too long, have them within a day or two after buying them to prevent wastage. So do prepare a bowl of sardines now for your meals. It would be a welcome change from the regular diet and you would be incorporating something really healthy in your menu

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James Blee - About Author:
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