

doctor oz's wild white anchovies on sourdough bread

serves 4

ingredients:

- 1 can white anchovies
- 1 garlic clove, finely minced
- 1 small red onion, chopped
- 1 teaspoon capers
- 6 arugula leaves
- 1 tomato, sliced
- 1 tablespoon mayonnaise
- 1 teaspoon oregano leaves
- 4 slices whole grain bread

Crush anchovies with a fork, mix in garlic, red onion, capers and chopped arugula leaves. Add mayonnaise and oregano. Spread over toasted whole grain sourdough bread. Top with slices of tomato. Salt and pepper to taste.

