



## *Calamari Salad*



### *Quick and Easy Summer Salad*

## INGREDIENTS

- 1 pound squid, cleaned
- 1 1/2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1 1/2 lemons
- zest of one lemon
- 1/2 teaspoon salt
- freshly ground pepper
- 1 1/2 tablespoon finely chopped Italian parsley

## Preparing Squid



Rinse well and remove tentacles by pulling them out from body. Pat dry and cut body into 1/2" sections forming rings. In mixing bowl toss squid with the juice of one lemon and let stand for at least 5 minutes. Drain liquid and pat dry squid removing all excess liquid.

## Next step



Heat oil (1 tbsp.) on medium in large frying pan, add garlic and zest of one lemon. Add squid and increase heat to med-high tossing constantly for about 1-2 minutes until squid is slightly colored on edges. Remove from heat and add remaining olive oil, squeeze of lemon, and parsley. Chili flakes can be added for a little spice and this salad can be served both warm or chilled.

## Great Accompaniments

Calamari salad is great with a side of lemon wedges and a warm crusty baguette 🥖 .  
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