

Sautéed Calamari with Parsley & Garlic

Ingredients:

1 lb. cleaned Squid, bodies cut into $\frac{3}{4}$ inch rings, leave tentacles whole
1 tbsp. Extra Virgin Olive Oil
2 tbsp. Unsalted Butter
2 tsp. finely chopped Garlic
1 tbsp. coarsely chopped fresh Italian Parsley
Fresh ground Black Pepper, 1 Lemon, cut in wedges

Directions:

Pat squid dry with paper towels. Heat oil in large fry pan over high heat until smoking. **Carefully** add squid in a single layer. Add butter, garlic & parsley; season with salt & pepper. Cook, tossing frequently, until opaque and cooked through, approx. 1-2 minutes. **Don't overcook!**

Season with additional salt and pepper. Serve with wedges and crusty bread to "sop up" all the garlic butter sauce. Serves 4