## CALAMARI

## Ingredients

- 1 pound fresh calamari tubes, cut into ½-inch rings, or defrosted frozen calamari rings and tentacles, rinsed and patted dry
- <sup>2</sup>/<sub>3</sub> cup cornmeal or almond meal
- <sup>1</sup>/<sub>2</sub> teaspoon baking soda
- 1 teaspoon dried parsley
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- 1 small lemon, cut into 6 wedges
- 2 cups marinara sauce (recipe on page 9 of the Healthier Traditions: Italian Cookbook)

## **Directions**

- **1.** Preheat oven to 425°F. Line baking sheet with parchment paper.
- 2. Combine cornmeal or almond meal, baking soda, parsley, salt, and pepper in a large bowl.
- 3. In a few batches, add all calamari pieces to bowl and toss to coat evenly.
- **4.** Bake for about 20 minutes, until golden brown and crisp.
- 5. Serve with a lemon wedge and cup marinara sauce per serving (recipe on page 9 of the Healthier Traditions: Italian Cookbook)

45 MINUTES SERVES 6 133 calories | 3g fat | 0g saturated fat | 215mg sodium | 12g carbohydrate | 1g fiber | 1g sugar | 13g protein

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