

Calamari Salad



Servings:

4 servings

Prep Time:

15 min

Cook Time:

5 min.

Ingredients

- 1 tbsp **Olive Oil**
- 2 **Garlic Cloves**, minced
- 1/4 cup **Mild Cherry Peppers**, sliced
- 1/4 cup **Castelvetrano Olives**, pitted, quartered
- 1 tbsp **Fresh Parsley**, chopped
- 1 tbsp **Fresh Cilantro**, chopped
- 2 **Scallions**, chopped
- 1 lb **Calamari**, sliced
- 1/2 tsp **Salt & Pepper**
- 1/4 tsp **Paprika / Oregano / Dried Dill**
- Pinch **Crushed Red Pepper Flakes**
- 1/2 **Lemon Juice**
- 5 oz **Baby Arugula**

Method of Preparation

Step 1

Heat a skillet with 1 tbsp olive oil over medium low heat. Add garlic, cherry peppers, olives, fresh herbs and cook for 3-4 minutes.

Step 2

Increase the heat to medium-high. Add calamari, spices, lemon juice and cook for **only** 1-2 minutes. Remove from heat and cool.

Step 3

In a large bowl toss arugula, tomatoes, cucumbers, olive oil, and red wine vinegar.

Step 4

Top salad with the sautéed calamari. Garnish with the chopped peanuts, enjoy!

- 1/2 pint **Cherry Tomatoes**, halved
- 1/2 **Cucumber**, remove seeds, small dice
- 1 1/2 tbsp **Olive Oil**
- 1 1/2 tbsp **Red Wine Vinegar**
- 1/4 cup **Peanuts**, chopped

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