

CALAMARI



- 3 - 6.5 oz cans LaMonica Calamari, drained
- 1 cup flour
- juice of 1 lemon
- 2 tsp sea salt
- 2 tsp pepper
- oil for frying
- marinara sauce

Heat a frying pan with oil. Slice calamari to desired size. Sprinkle with lemon juice. Mix the flour, salt, and pepper in a bowl. Dredge the calamari in the flour mixture, and drop into the pan for thirty seconds until golden brown. Drain on a paper towel. Serve with marinara. Enjoy!

Quality Is a Family Tradition

LaMonica

SINCE 1923