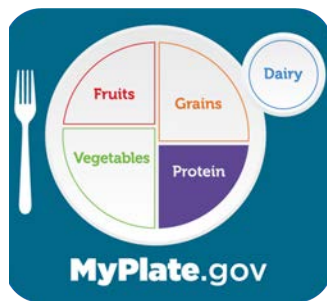


# Calamari



Calamari is an  
excellent source of  
protein.

## Fun Facts:

- Calamari, or squid, is the official appetizer of Rhode Island.
- Calamari can be an excellent source of protein.
- It has vitamins and minerals to help keep our bodies healthy.



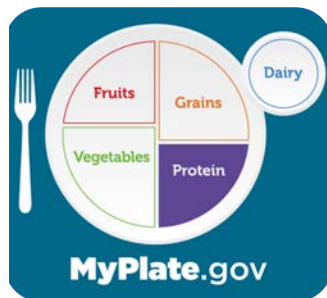
## How to Prepare Calamari:

- **Sauté it** or **grill** calamari instead of frying.
- Add any veggies you have on hand and mix with whole grain pasta for a complete meal.
- Use fresh or store bought lemon juice for added flavor!

## Tip:

Squid can be purchased frozen in bulk to save money and can be kept for 9 months! It is even thought that frozen squid becomes more tender in the defrosting process.

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# Baked Calamari

**Servings: 8**

**Serving size: 1/2 cup**

## Ingredients

- Nonstick cooking spray
- 2 large eggs
- 1/2 cup whole wheat flour
- 2 cups seasoned panko bread crumbs
- 1 pound frozen calamari, thawed
- Lemon wedges (optional)



## Directions

1. Preheat oven to 400°F. Spray baking sheets with nonstick cooking spray.
2. In a small bowl, whisk eggs and set aside.
3. In a separate bowl, add flour. In a third bowl, add panko bread crumbs.
4. One at a time, dip calamari in the flour, lightly tapping against the bowl to get any extra flour off.
5. Dip floured calamari into egg to coat, again tapping against the bowl to get extra egg off.
6. Roll calamari in the panko crumbs until fully covered.
7. Place on baking sheet and cook 15-20 minutes or until outer coating turns golden brown. Flip over and bake another 10 minutes or until both sides are crunchy.
8. Squeeze fresh lemon over calamari if desired. Serve with tomato sauce or dipping sauce of choice.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	3%
<b>Saturated Fat</b> 0.5g	3%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 22g	8%
<b>Dietary Fiber</b> 1g	4%
<b>Total Sugars</b> 1g	
<b>Includes 0g Added Sugars</b>	0%
<b>Protein</b> 13g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 28mg	2%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 185mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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