

Lemon Calamari Salad

Yield: 7 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-calamari-salad-recipe>

Ingredients:

- 2 pounds calamari cleaned, tubes, if you like the tentacles go for it
- 1/2 red onion medium, halved and thinly sliced
- 3/4 cup Kalamata olives sliced
- 4 stalks celery thinly sliced, leaves too
- 1/2 red pepper large, diced
- 2 small tomatoes halved, seeded, diced
- 1/2 fennel bulb thinly sliced, fronds too
- 1/3 cup parsley chopped
- 3 lemons juiced
- salt
- pepper
- 1 pinch crushed red pepper
- extra-virgin olive oil

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 300 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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