

Pan Seared Calamari with Spicy Red Sauce

Calamari is almost always sold cleaned which greatly reduces your prep time. It's also frequently sold frozen, so look for it in the freezer aisle.

Serves 4

Prep time: 10-15 minutes

Cooking time: 10 minutes

1 tablespoon olive oil
1 green bell pepper, seeded and diced
3 cloves garlic, minced
2 pounds calamari, cut into rings
15-ounce can tomato sauce
1 teaspoon crushed red pepper flakes, or more to taste

Heat the oil in a large skillet over medium-high heat. Add the bell pepper and garlic and cook for 3 minutes, until soft. Add the calamari and cook for 2 to 3 minutes, until golden brown, stirring frequently. Add the tomato sauce and red pepper flakes and bring to a simmer. Simmer for 3 to 5 minutes, until the calamari is tender. Season to taste with salt and freshly ground black pepper.

Nutrients per serving: Calories: 285, Fat: 7g, Saturated Fat: 1g, Cholesterol: 528mg, Carbohydrate: 18g, Protein: 37g, Fiber: 2g, Sodium: 744mg