

# HEARTY CALAMARI

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

1 tablespoon extra-virgin olive oil  
½ small red onion – diced to ⅛”  
12 ounces calamari rings  
⅛ teaspoon kosher salt  
⅛ teaspoon fresh ground black pepper  
1 cup canned lentils – rinsed and drained  
2 Roma tomatoes – seeded and diced to ⅛”  
2 tablespoons flat-leaf parsley – finely chopped  
2 tablespoons capers - drained

### Preparation:

Place a wok (preferably) or large pan in high heat and add the olive oil.

When the oil is hot, stir-fry the onion for thirty seconds.

Add the calamari and continue to stir-fry for one minute.

Add the salt, pepper and lentils, continuing to stir for one minute.

Add the tomato and stir-fry for thirty more seconds.

Remove the wok from heat, stir in the parsley and capers, then serve immediately.

### Nutritional Information Per Serving:

Calories: 184  
Fat: 5g  
Carbs: 17g  
Fibre: 5g  
Protein: 18g