



Calamari with Red Sauce

- 3 cans (6.5 oz) **LaMonica Calamari, drained**
- 1 cup flour
- 1 lemon, juice only
- 2 teaspoons sea salt
- 2 teaspoons pepper
- oil for frying
- marinara sauce for serving

Slice Calamari to desired size. Sprinkle with lemon. Mix flour, salt & pepper. Dredge in flour mixture, dropping in pan of hot oil for 30 seconds until golden brown. Drain on papertowel. Serve with marinara sauce.