

## **RECIPE: CALIFORNIA CALAMARI SALAD**

### **CONDIMENTS & OIL**

**Olive oil, 8 fl oz.**

### **FISH & SHELLFISH**

**Squid, 32 oz.**

### **FRUITS**

**Lemons, 2**

### **SPICES & SEASONINGS**

**Salt**

**Pepper**

### **VEGETABLES**

**Garlic, 0.2 oz.**

**Green onion, 2**

**Red onion, 1**

**Green bell pepper, 1**

**Red or yellow bell pepper, 1**

**Fresh oregano , 2 tbsp**

**Fresh parsley , 1 oz.**