

Crispy Calamari with Alfredo Sauce, Gluten Free

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| Yield: | 8 | oz. |
| Serving # & Size: | 2 | (4 oz.) Servings |
| Meal Part: | Starter | |
| Cuisine: | Italian | |
| Category: | Culinary Prepared Hot | |
| Channel: | C&U | FSR |
| Classification: | Starters—Fish & Seafood | |
| Prep Time: | 5 min. | Cook Time: 3 min. |
| Cost: | Cheap | Difficulty: Easy |



Description: Crispy calamari and vegetables served with *Stouffer's®* Alfredo Sauce.

| Ingredients | Weight | Metric | Measure |
|--|-----------|--------|----------|
| Calamari rings, breaded, gluten free, cooked | 5 oz. | g | 1 cup |
| Roasted red sweet peppers, canned, drained, julienne | 1/2 oz. | g | 1 Tbsp. |
| Pickles, spicy, diced | 1/2 oz. | g | 1 Tbsp. |
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| Stouffer's ALFREDO SAUCE GLUTEN FREE, hot | 3 fl. oz. | g | 1/3 cup |
| Parsley, fresh, chopped | | g | 1/2 tsp. |

Procedure

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| 1. | Toss together the cooked calamari, peppers and pickles. |
| 2. | Ladle the Alfredo Sauce onto the serving plate. Top with calamari mix, and sprinkle with parsley. |

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

