



## SEAFOOD STUFFED SQUID

- 1 can **Crown Prince Natural Boiled Baby Clams**, drained and rinsed
- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 3 tablespoons olive oil, divided
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 cup fresh plain bread crumbs
- 1 egg, lightly beaten
- 1/2 cup shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- salt and black pepper to taste
- 4 large or 8 small squid (about 2 pounds), cleaned



### *Sauce:*

- 4 large tomatoes, chopped
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 cup good-quality red wine
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley

Heat 2 tablespoons of oil in a frying pan. Add the onion and cook over medium heat for 3 minutes. Remove and combine with clams, crab meat, garlic, bread crumbs, egg and cheeses. Season with salt and pepper. Using a teaspoon, fill each squid three quarters full with the stuffing. Secure with toothpicks. Heat the remaining oil in a large frying pan, add the squid and cook for 1-2 minutes on all sides. Remove the squid and place on a platter. Return the pan to heat and combine all sauce ingredients cooking at a simmer for 10 minutes, or until thick and pulpy. Return the squid to the pan and cook, covered, for 20-25 minutes. *Serves 4.*

*Per Serving: 412 Calories (166 Calories from Fat), 19g Fat, 28g Protein, 24g Carbohydrate, 196mg Cholesterol, 598mg Sodium*