

Breaded Calamari

Breaded & Baked, Crispy Calamari Rings with Italian Seasoning

These low calorie, low point rings are breaded with my new breading recipe, that I first used on my onion rings appetizer. They are dipped in egg wash, lightly coated with the rice krispies breading, then hosed off with 0 point cooking spray and baked. These rings are "Smack'yo Momma" good. Minus the time it takes to bread the rings individually, this is a pretty quick dish to throw together. You can prep them ahead of time, and keep them in the fridge, on a pan, ready to go into the oven.

Servings Info.:

Yield: 4 cups of rings

Servings: 4

Serving Size: 1 cup

Points:

1 serving = 4 1 1

2 servings = 7 2 2

3 servings = 11 3 3

4 servings = 14 4 4

- points last checked 4/8/21 -



Ingredients:

- 2 lbs fresh or frozen, cleaned Calamari rings

Breading:

- 1-1/4 cup rice krispies, crushed. (crushes to 1/2 cup)
- 2 tsp corn flour
- 1-1/2 tsp cornmeal
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp dried italian seasoning
- 1/4 tsp black pepper
- 1/2 tsp salt

Egg Wash:

- 2 large eggs
(use 2 egg whites for **GREEN** plan)**
- 2 tsp dijon mustard, mixed with 1 tsp water
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch

Garnish:

- fresh chopped flat leaf (italian) parsley
- 1/2 tsp reduced fat grated parmesan style topping
- lemon wedges



Not every grocery store is going to have squid rings. I HIGHLY suggest finding a nearby Asian grocery store. They have INSANE seafood departments. My local asian store had frozen AND whole squid. No thanks, I'm not brave enough for whole, slimy squid, so I bought a bag of frozen rings. If your store has whole squid, they'll cut and clean it for you.



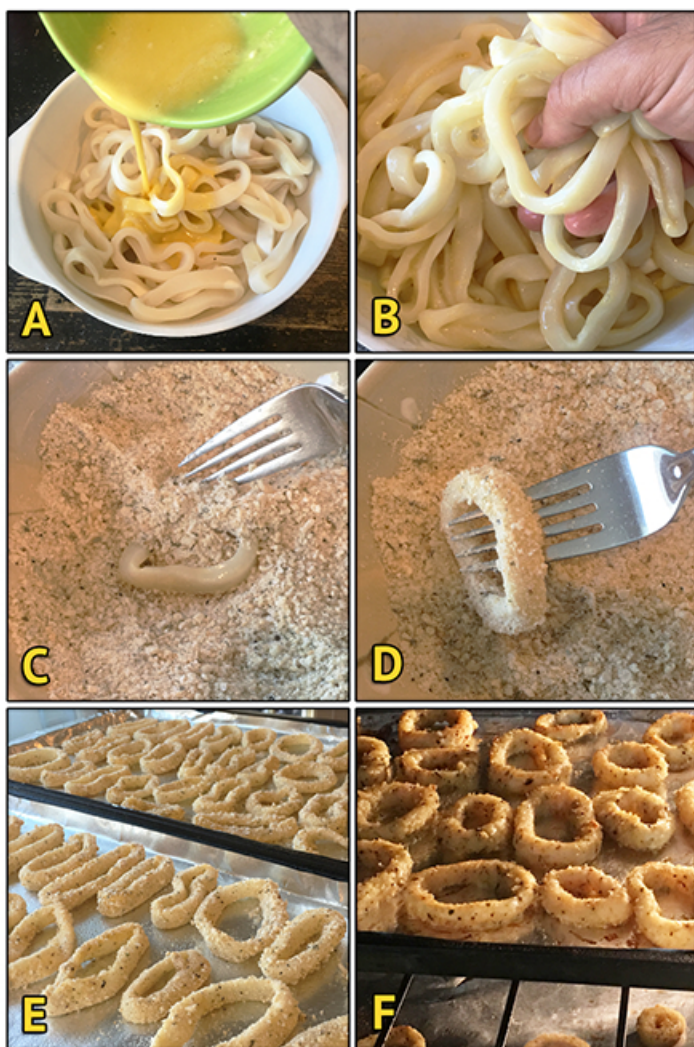
Directions:



1. Whether you purchased frozen or fresh rings, rinse them off and drain them. Place the rings on a large platter or pan lined with 2-3 layers of paper towels. Use additional paper towels to dry the rings as much as possible. We want to remove as much moisture as possible so the egg wash sticks.



2. In a small dish, mix together the flour, cornstarch and dijon mustard and water, till smooth. In a medium sized bowl, whisk together the eggs, then add the mustard/flour mixture. Mix till smooth and thick. Place the rice krispies in a gallon sized ziplock bag. Use a pan, or rolling pin, to crush the cereal until it's the texture of plain breadcrumbs. Pour them into a large bowl and add the corn flour, cornmeal, panko regular breadcrumbs, garlic powder, onion powder, italian seasoning, salt and pepper. Stir to combine.



3. (A) Pour the egg mixture into a large bowl with the dried calamari rings. (B) Mix to coat all of the rings with egg wash. (C) Place the rings, 1 at a time, into the bowl with the breading and gently use a fork to push breading around the ring, till coated. (D) Use the fork to gently lift the ring out of the breading. Gently shake it to remove excess breading. (E) place rings onto large baking pans, lined with foil and coated with cooking spray. Generously spray all of the rings with a good coat of cooking spray. (F) Bake the rings for 10 minutes at 425 degrees.



4. Remove the pans from the oven. Use 2 forks to quickly, yet gently, flip each ring over. Spray with cooking spray, then place back in the oven and bake for another 8-10 minutes, till golden brown. Garnish with chopped parsley or basil and serve immediately.



NOTES:

- A) A lot of people think that eating Calamari is like chewing rubber bands. If you get THICK Calamari rings... that may be an issue. The thicker the rings, the more chew that they have. If you are able to get smaller, thinner rings, they will naturally be more tender. Think of it like trying to chew a big thick cut of steak, versus a thin sliced piece. Thinner Calamari cooks to be more crisp and tender than thicker pieces.
- B) The actual serving size and points per serving, will vary each time that you make this. It is completely dependant on how many rings you make out of this recipe. There are a total of 4 ingredient points in this recipe from the breading. Count out how many rings you end up making, and then create a quick "throw away" recipe in the WW recipe builder. Add 4 points of ingredients, and for the number of servings, enter how many rings you made, then save it. You can then scroll up and down to see exactly how many rings you get, per serving, out of those 4 points.
- C) These rings are great served hot. However, take note... These ARE NOT DEEP FRIED. Like any breaded and baked dish, it will be crispy for a while, but will eventually lose it's crispiness. Mine stayed crispy for 10 minutes or so. After that, they STILL tasted really good, but the breading was no longer crispy. If you have an air fryer, these will be even more awesome.
- D) For a more uniform, golden color... toast the dry breading ingredients in a hot pan, for 4-5 minutes, till golden.