

# Easy Garlic Calamari (gf, df, paleo, AIP)

I love seafood and different textures. Of course, I also love breaded and deep-fried calamari. But when gluten or rice crumbs are not an option. If you are choosing a trial of gluten-free, dairy-free, and, possibly, more strict Autoimmune Paleo Diet to put autoimmunity into remission – easy and quick calamari recipe is on hand with the minimal effort and energy to be applied.



## Ingredients:

- 1 pound squid, cleaned, bodies cut into 3/4-inch-thick rings, tentacles left whole

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons unsalted butter (1/4 stick)
- 2 teaspoons finely chopped garlic
- 1 tablespoon coarsely chopped Italian parsley leaves
- Salt
- Freshly ground black pepper
- 1 lemon, cut into wedges

## How To:

1. Wash calamari and dry it with a paper towel.
2. Add avocado oil (or tallow or lard) to a frying pan and heat it on medium heat.
3. Add calamari, then add butter (omit for AIP), garlic, and parsley.
4. Add salt and any other spices you like. I kept it simple with salt and pepper. Cook for about 1 to 2 minutes, tossing it regularly until it turns opaque. If you overcook calamari it will be rubbery and hard to chew.
5. Season to your taste put it in a pretty bowl and, and serve with lemon wedges.

This quick appetizer takes only 10-15 minutes to cook from start to finish and is a good source of protein that is so necessary for those who suffer from hypothyroidism. Amino acid tyrosine that is derived from protein molecules is a building block for thyroid hormone and neurotransmitter dopamine that helps us focus and be productive.

Making sure you have some source of protein (and fat) with each meal is very helpful to stabilize your mood and provide enough building blocks for dopamine and thyroid hormone production.

Have you tried eating more protein and fat instead of more carbs? What changed? What kind of reactions have you noticed?