

Lemon Herb Grilled Squid



Ingredients:

- 1 lb cleaned squid (tubes and tentacles)
- 2 tbsp olive oil or Grapeseed Oil
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1 tsp dried oregano or 1 tbsp fresh parsley, chopped
- Salt and pepper to taste
- Lemon wedges, for serving

Instructions:

- **Prepare the Squid:** If using whole squid, slice the tubes into rings and keep tentacles whole. Pat dry with a paper towel.
- **Marinate:** In a bowl, combine olive oil, lemon juice, garlic, herbs, salt, and pepper. Toss the squid in the marinade and let sit for 15–20 minutes.
- **Preheat Grill:** Preheat a grill or grill pan over medium-high heat. Lightly oil the grates or pan.
- **Grill the Squid:** Place squid on the grill in a single layer. Cook 1–2 minutes per side until opaque and slightly charred. Be careful not to overcook—it cooks very quickly.
- **Serve:** Transfer to a plate, garnish with additional herbs and lemon wedges. Serve as an appetizer, or alongside a salad or grilled vegetables for a light, summery dish.