



Order Quail online at  
**[www.watchNBuy.com](http://www.watchNBuy.com)**  
or call  
**(877) 803-3116 or (210) 494-1978.**

*Heart healthy, low in fat and  
cholesterol, high in protein.*

We deliver the freshest and finest "Pharaoh  
Quail", known for its great flavor, moisture  
and tenderness.



## **Grill Quail Italiana**

For 2 persons  
Preparation time: 5 min  
Cooking time: 30 min

4 Quail  
Garlic Salt  
Salt  
Italian dressing

Cut quail along backbone; flatten (apply pressure  
hand over hand on breast).

Salt and garlic salt both sides of bird. Baste with  
Italian dressing.

Place backside of quail flat on grill and cook for 20  
minutes. Place breast side of quail on grill and cook  
for 10 minutes. Baste frequently.