

Low-Point Italian Sausage Sliders

Ingredients:

- 1 Tbs olive oil, divided
- 1 tsp. garlic powder or 2 garlic cloves, minced
- 3 Tbs shallots, finely diced
- salt and pepper to taste
- 1/2 tsp. oregano (optional)
- 1/3 cup part-skim ricotta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup Panko (Japanese bread crumbs)
- 1 lb. ground mild Italian sausage (or 4, 4 oz. links, casings removed)
- 1 egg
- 1 1/2 cups pasta or marinara sauce (I used Classico Traditional Sweet Basil)
- 12 slider buns or small potato rolls
- Basil leaves

Heat one teaspoon of olive oil in a large skillet over medium-high heat. Add garlic and shallots to pan and saute' for about three minutes. Remove and combine shallot mixture, salt, pepper, oregano, ricotta, parsley, panko, sausage, and egg in a large bowl. Shape mixture into 12 little meatballs and press down slightly to flatten. Return pan to medium-high heat and add remaining two teaspoons olive oil to skillet. Add meatballs to pan and cook for about 6 to 8 minutes, turning once. Reduce heat to simmer and add marinara sauce. Cover and let simmer for 7 to 8 more minutes (until meat is cooked through). Add a basil leaf to meatball before putting on the top bun. Enjoy!

Total servings - 12

Serving size - 1

Points per serving - 5.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Even when you don't communicate as often as you'd like, if you think of someone long enough, they feel it." - Anonymous*