

LINGUINE WITH RICOTTA MEATBALLS

Preparation: **5-10** minutes | Cooking: **15** minutes | Servings: **4**

INGREDIENTS

Cooking spray
1 pack refrigerated fresh linguine
1 large egg
1 garlic clove
2 cups marinara sauce
8 ounces ground sirloin (90% lean)
1 ounce pecorino romano, grated
1/2 cup panko breadcrumbs
1/3 cup part-skim ricotta
Basil leaves (optional)



INSTRUCTIONS

Cook the pasta according to package directions. As water for pasta begins to boil, combine the 2 tablespoons of pecorino romano, panko breadcrumbs, ricotta, ground sirloin, egg and garlic in a medium bowl. Shape the mixture into 16 one-inch meatballs. Then, heat a large skillet over medium-high heat, coating the pan with cooking spray. Add the meatballs to pan. Cook for 6 minutes or until the meatballs turn brown on all sides. Add the marinara and bring to a boil. Cover the dish, reducing the heat to medium. Cook for 5 minutes or until the meatballs are done. Remove the pan from heat, and remove the meatballs from pan with a slotted spoon. Add the cooked pasta to the pan, tossing to coat. Top the dish with the meatballs and the remaining 2 tablespoons of pecorino romano. Garnish with basil, if desired.