

# Little Italy Meatball Sliders with Whipped Ricotta

Yield: 10 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/little-italy-meatball-recipe>

## Ingredients:

- 1 pound lean ground beef
- 1 large egg
- 1/4 cup onion grated
- 2 cloves garlic grated or finely chopped
- 2 tablespoons water
- 2 tablespoons fresh parsley chopped
- 1/4 cup whole wheat breadcrumbs dry, plain
- 2 tablespoons grated Parmesan cheese
- 3/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1 1/2 cups marinara sauce your favorite jarred
- 1 cup ricotta cheese
- 1 teaspoon olive oil
- 1/8 teaspoon kosher salt
- 10 slider rolls preferably whole wheat, toasted
- 2 cups arugula leaves

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 670 milligrams
9. Sugar: 6 grams

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