

## **Italian Meatball Sliders**

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**Servings: 6**

**Start to Finish Time: 30 minutes**

**1/4 cup panko (Japanese breadcrumbs)**

**1 1/2 tablespoons fresh basil, minced**

**1/2 teaspoon Kosher salt**

**12 ounces ground sirloin**

**1 large egg**

**1 clove garlic, minced**

**12 water rolls, halved lengthwise**

**cooking spray**

**4 ounces fresh mozzarella cheese, cut crosswise into twelve thin slices**

**1 cup lower-sodium marinara sauce**

**12 fresh basil leaves (optional)**

Preheat the broiler to high.

In a large bowl, gently combine the panko, basil, Kosher salt, ground sirloin, egg and garlic, being careful not to overmix. Divide the beef mixture into twenty-four equal portions. Gently shape each portion into a meatball (do not pack).

Arrange the rolls, cut sides up, on a heavy baking sheet. Broil 30 seconds or until very lightly toasted. Remove the roll tops from the pan.

Arrange the meatballs on a broiler pan coated with cooking spray. Broil for 3 minutes or until browned. Turn the meatballs over. Broil for 2 minutes or until the desired degree of doneness.

Arrange two meatballs on the bottom half of each roll. Top each slider with one cheese slice. Broil for 1 minute or until the cheese melts.

Place the marinara sauce in a microwave-safe dish. Cover and microwave on HIGH for 1 1/2 minutes or until thoroughly heated, stirring once.

Place two sliders on each of six plates.

Spoon about 1 1/2 tablespoons of sauce over each sandwich. Top each slider with one basil leaf, if desired, and one bun top.

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Per Serving (excluding unknown items): 146 Calories; 11g Fat (66.4% calories from fat); 12g Protein; trace Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 206mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 1 Fat.