



Arancini al Ragù



Italian Sausage, Onions, Garlic and Rice, Breaded and Baked till Crispy. Served with Marinara Sauce

For those of you who've never had it, traditional Arancini is a ball of risotto, with a meat filling in the center, that's breaded and deep fried. I decided to lighten it up and make it easier to prepare. Mine is regular rice, mixed with my low calorie italian sausage, onions, garlic, spices and my marinara sauce. It's all mixed together, formed into a ball, then breaded and baked.

Servings Info.:

Yield: 21 (1/4 cup balls)

Servings: 21

Serving Size: 1 ball



Range

1-2

- last checked 12/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat Filling

- 1 pound batch of my 0 point italian sausage. Recipe on page 28 of "Cookbook: Volume 1".
- 3/4 cup diced onion
- 2 medium garlic cloves, minced
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 cup tomato sauce (scan it, make sure it's 0 points)
- 3 oz reduced free feta cheese, crumbled and chopped
- 2 cups cooked rice
- 1/2 cup rice krispies cereal (measured, then crushed)
- 2 egg yolks
- 1/2 cup green peas

Breading:

- 1-3/4 cups rice krispies (measured, then crushed down)
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko bread crumbs
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp corn flour ("maseca" brand instant masa mix)

Egg Wash:

- 2 large eggs
- 2 tsp dijon mustard
- 2 tsp water
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch

Directions:



1. (A) Mix together a batch of my ground turkey italian sausage recipe. Mix the onions and garlic into the meat and cook over med-high heat, until browned. Use a kitchen spoon to break up the meat while it's cooking. (B) When the meat is browned, add the salt, pepper, tomato sauce and feta cheese to the meat and mix till combined. Use a rubber spatula to push down and scrape the cheese in the pan. You want to try to break it all up into tiny bits. (C) Spoon the meat mixture into a large mixing bowl, then add the cooked rice and crushed rice cereal, then mix to combine, followed by the egg yolks. (D) Finally, add the green peas and fold them into the meat. Cover and set aside.
2. To make the breading, place the rice krispies cereal into a large ziplock bag. Use a rolling pin to crush the cereal until it resembles breadcrumbs.

3. Pour the crushed rice krispies into a bowl, along with the breadcrumbs, panko, garlic and onion powders, all purpose flour and corn flour. Stir to combine.
4. For the egg wash, in a small dish, mix together the dijon mustard, water, cornstarch and self rising flour till smooth. In a larger bowl, whisk the 2 eggs together, then whisk in the flour/dijon mixture till smooth. Set aside.



5. **(A)** Use a 1/4 cup measuring scoop, to scoop an even 1/4 cup of the meat and rice mixture into your palm, then form into a rounded ball. **(B)** Place each of the formed Arancini into a casserole dish until they are all ready to be breaded. **(C)** Coat the Arancini, one at a time, in the egg mixture. Allow extra egg wash to drip off of the ball. **(D)** Place the coated Arancini into the large bowl of breading and gently move the bowl around, to roll the ball around in the breading. When it's mostly coated, use your hand to gently roll the ball around till it's uniformly coated. **(E)** Line a baking pan with foil and coat with cooking spray. Place all of the Arancini onto the pan, then grab a can of olive oil cooking spray (the 0 point kind) and coat all of the Arancini balls from every angle. Seriously, coat these babies like they're being baptized in the Jordan river. Bake at 425 degrees for 30 minutes, or until golden brown. Place onto a platter and garnish with fresh chopped parsley.



NOTES:

- A) There is enough breading left over when all of the meat mixture is used up, so that you will be able to "double bread" 3 of the balls with a second layer of egg wash and breading, if you want. Those ones will be ultra crunchy.
- B) If you don't want to use peas, you can replace them with 1/2 cup of some other vegetable, but that mass is required for the servings and points per serving.
- C) If you'd like the filling to be a little creamy, replace the reduced fat feta cheese for reduced fat mozzarella. Adjust your points accordingly, though.
- D) If your 'Personal Plan' has points for whole eggs, you can drastically lower the points in this recipe (for you), but replacing whole eggs with egg whites.
- E) If you're one of those crazy folks who loves brown rice, swap out the white rice for brown, and you'll remove 13 points of cooked white rice from this recipe.