

Perciatelli Pasta

with Red Quinoa “Meatballs”

While perciatelli pasta may look similar to spaghetti, you’ll notice that these long noodles are actually much thicker and have a hollow center. Also known as bucatini, the noodles’ toothsome texture is great when paired with a robust sauce. Keep an eye on the noodles while cooking though, as they tend to cook more quickly due to their hollow center.



Ingredients

- 28 Ounce Can Whole Peeled Tomatoes
- 4 Cloves Garlic
- 1 Bunch Fresh Oregano
- 1 Bunch Thyme
- 1 Bunch Parsley
- 1 Egg
- 1 Onion
- 6 Ounces Perciatelli Pasta
- ½ Cup Red Quinoa
- ¼ Cup Whole Wheat Flour
- 2 Ounces Grated Parmesan Cheese

Makes 3 Servings
About 590 Calories Per Serving



Instructions



1 Prepare your ingredients:

Preheat the oven to 400°F. Heat 2 medium to large pots of salted water to boiling on high. Wash and dry the fresh produce. Empty the canned tomatoes into a large bowl. Break up the tomatoes with your hands, or chop them by carefully using the sharp edge of the can's lid. Peel and mince the garlic. Finely chop the thyme, oregano, and parsley leaves. Lightly beat the egg. Peel and small dice the onion.



2 Cook the quinoa:

Add the **quinoa** to one of the pots of boiling water. Cook 11 to 12 minutes, or until tender. Drain thoroughly.



3 Make the quinoa “meatballs:”

In a medium bowl, combine the **drained quinoa, egg, flour, thyme, oregano, and half of each of the Parmesan cheese, parsley, garlic, and onion**. Season with salt and pepper and stir to blend. Coat a baking sheet with a layer of olive oil. Using wet hands, form the mixture into about 9 balls, and place them directly on the oiled baking sheet. Bake in the oven 7 to 9 minutes, or until browned.



4 Make the sauce:

While the “meatballs” bake, in the empty pot used for the quinoa, heat some olive oil on medium-high until hot. Add the **remaining onion and garlic** and season with salt and pepper. Cook 2 to 3 minutes, or until softened, stirring occasionally. Add the **canned tomatoes**. Cook 3 to 5 minutes, or until slightly thickened, stirring occasionally. Season with salt and pepper to taste.



5 Add the “meatballs” to the sauce & cook the pasta:

Gently transfer the **baked quinoa “meatballs”** to the sauce. Cook them in the sauce for about 2 to 3 minutes, stirring very gently so as to not break the “meatballs.” Meanwhile, add the **perciatelli pasta** to the pot of boiling water. Cook 7 to 9 minutes, or until al dente. Drain thoroughly.



6 Plate your dish:

Transfer the **drained pasta** to a medium bowl, along with **some of the sauce and half the remaining Parmesan cheese**. (You may have extra sauce—just save it for another use.) Toss to coat the pasta in the sauce. Divide the pasta and “meatballs” between bowls or plates. Garnish with the **remaining Parmesan cheese and parsley**. Enjoy!