

Turkey & Ricotta Meatballs with Garlic Spinach Rigatoni - A Wholesome Italian-Inspired Dinner

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OVEN
400°F

TIME
25 min

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Recipe Card

SAVE
PDF

INGREDIENTS

For the Meatballs:

1 lb ground turkey

$\frac{1}{2}$ cup ricotta cheese

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{2}$ cup breadcrumbs

1 egg

2 cloves garlic, minced

1 tsp dried oregano

1 tsp salt

$\frac{1}{2}$ tsp black pepper

1 tbsp fresh parsley, chopped

For the Garlic Spinach Rigatoni:

12 oz rigatoni pasta

2 tbsp olive oil

3 cloves garlic, thinly sliced

4 cups fresh spinach

Salt and pepper, to taste

Grated Parmesan cheese, for serving

? Instructions:

1 Make the Meatballs:

Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.

In a large bowl, gently mix ground turkey, ricotta, Parmesan, breadcrumbs, egg, garlic, oregano, salt,

pepper, and parsley until just combined.

Form into 1.5-inch meatballs and place on the baking sheet.

Bake for 20-25 minutes, until golden and cooked through.

2 Prepare the Pasta & Spinach:

Bring a large pot of salted water to a boil. Cook rigatoni according to package directions until al dente. Drain and reserve a bit of the pasta water.

Meanwhile, heat olive oil in a large skillet over medium heat.

SautØ sliced garlic for 1-2 minutes until golden and fragrant.

Add spinach and cook until wilted, about 2-3 minutes. Season with salt and pepper.

3 Toss & Serve:

Combine the cooked rigatoni with the garlic spinach mixture, tossing gently. Add a splash of reserved pasta water if needed to loosen.

Plate the pasta and top with baked turkey meatballs.

Sprinkle generously with Parmesan and serve hot!

? Recipe Tips & Swaps:

No ricotta? Substitute cottage cheese or Greek yogurt (drained) in a pinch.

DIRECTIONS

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10. Plate the pasta and top with baked turkey meatballs.
11. Sprinkle generously with : Parmesan and serve hot!
12. ? Recipe Tips & Swaps: No ricotta? Substitute cottage cheese or Greek yogurt (drained) in a pinch.
13. Want more veggies? Add sautØed mushrooms, cherry tomatoes, or zucchini to the pasta.

14. Make it gluten-free: Use GF breadcrumbs and rigatoni.
15. Make ahead: Meatballs can be prepped and stored in the fridge up to 2 days ahead.
16. ? Tips for Success: Don't overmix the meatball mixture-just enough to combine.
17. Use parchment paper to prevent sticking and make cleanup a breeze.
18. Cook garlic low and slow to avoid burning and bitterness.
19. Use fresh spinach, not frozen, for best texture in the pasta.
20. ? Serving Suggestions & Pairings: This dish is perfect as-is, but here are a few extras that pair beautifully:
 21. Instant : Pot Lasagna - for a pasta feast night
 22. Crockpot : Nacho Dip - perfect appetizer before a pasta dinner
 23. Blueberry : Lemonade - fruity and refreshing
 24. No-Bake : Peanut Butter Oatmeal Bars - a smart snack or light dessert
 25. Chicken : Enchiladas - another great main for batch cooking days

SWAPS & NOTES

If you make it, tag @ChefManiac and show us your bowl!

Let me know if you'd like a printable version or a Pinterest-optimized pin next.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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