

Turkey Meatballs and Ricotta with Garlic Spinach Rigatoni - Comfort Food Meets Clean Eating

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TIME
3 min

TEMP
165°F

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INGREDIENTS

For the Turkey Ricotta Meatballs:

- ¾ lb ground turkey
- ¼ cup ricotta cheese
- 1 egg, lightly beaten
- ¼ cup breadcrumbs
- 2 tbsp grated Parmesan
- 1 garlic clove, minced
- 1 tbsp fresh parsley, chopped

Salt and pepper, to taste

1 tbsp olive oil, for cooking

For the Garlic Spinach Rigatoni:

- ¾ lb rigatoni pasta
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 2 cups fresh spinach
- ¼ cup grated Parmesan
- ¼ cup reserved pasta water

DIRECTIONS

1. Make the Meatballs: In a bowl, mix:
2. Ground turkey
3. Ricotta
4. Egg
5. Breadcrumbs
6. Parmesan
7. Garlic
8. Parsley
9. Salt and pepper
10. Mix gently-don't overwork. Form into 12 small meatballs.
11. Cook the Meatballs: Heat 1 tbsp olive oil in a large skillet over medium heat. Sear meatballs for 2-3 minutes per side until golden. Lower heat, cover, and cook for 5-7 more minutes until internal temp hits 165°F (74°C). Remove from skillet and keep warm.
12. Cook the Pasta: Boil rigatoni in salted water until al dente. Reserve ¼ cup pasta water, then drain.
13. Sauté Garlic & Spinach: In the same skillet used for meatballs, heat 1 tbsp olive oil. Add garlic and cook for 1 minute. Add spinach and cook until wilted.
14. Toss Pasta: Add cooked rigatoni and Parmesan to the skillet. Add reserved pasta water a little at a time, stirring to create a silky sauce. Season with salt and pepper.
15. Assemble & Serve: Spoon pasta into bowls. Top with turkey ricotta meatballs. Garnish with extra Parmesan and chopped parsley, if desired.

TIPS FOR SUCCESS

Don't overmix the meatball mixture -it can make them tough.

Use fresh spinach , but if using frozen, thaw and squeeze out excess moisture.

Reserve that pasta water -it's liquid gold for creamy sauces without cream. ?

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

Original recipe: <https://chefmaniac.com/turkey-meatballs-and-ricotta-with-garlic-spinach-rigatoni-comfort-food-meets-clean-eating/>