

Chicken Ricotta Meatballs with Spinach Alfredo - Comfort Food, Elevated

Chicken Ricotta Meatballs with Spinach Alfredo Sauce - Creamy, Cheesy & Pure Comfort



OVEN
400°F

TIME
25 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Chicken Ricotta Meatballs:

- 1 lb ground chicken
 - $\frac{1}{2}$ cup ricotta cheese
 - $\frac{1}{4}$ cup grated Parmesan cheese
 - 1 egg
 - $\frac{1}{2}$ cup breadcrumbs
 - 2 cloves garlic, minced
 - 1 tbsp Italian seasoning
 - Salt and pepper, to taste
- For the Spinach Alfredo Sauce:
- 2 tbsp butter
 - 1 clove garlic, minced
 - 1 cup heavy cream
 - $\frac{1}{2}$ cup grated Parmesan cheese
 - 2 cups fresh spinach, chopped

DIRECTIONS

1. Prepare the Meatballs: Preheat oven to 400°F (204°C).
2. In a large bowl, combine ground chicken, ricotta, Parmesan, egg, breadcrumbs, garlic, Italian seasoning, salt, and pepper.
3. Mix just until combined-don't overwork the meat.
4. Form into 1-inch meatballs and place on a parchment-lined baking sheet.
5. Bake: Bake for 20-25 minutes, or until golden and cooked through (internal temp 165°F).
6. Make the Alfredo Sauce: While meatballs are baking, melt butter in a skillet over medium heat.
7. SautØ garlic until fragrant, about 30 seconds.
8. Pour in heavy cream and bring to a gentle simmer.
9. Stir in : Parmesan, whisking until smooth and slightly thickened.
10. Add the Spinach: Stir in chopped spinach and cook until wilted, about 2-3 minutes.
11. Season with salt and pepper to taste.
12. Combine and Serve: Add cooked meatballs to the sauce, spooning it over the top.
13. Simmer together for 2 minutes to meld flavors.
14. Serve hot over pasta, mashed potatoes, or polenta.

TIPS FOR SUCCESS

- Use a cookie scoop for evenly sized meatballs.
- Don't skip the ricotta-it's the key to tender, juicy meatballs.

Stir the Alfredo constantly while simmering to prevent scorching.

Add meatballs to sauce gently to keep them from breaking apart.

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

Original recipe: <https://chefmaniac.com/chicken-ricotta-meatballs-with-spinach-alfredo-comfort-food-elevated/>