

Spinach and Ricotta Balls - Cheesy, Crispy Bites for Any Occasion

Spinach and Ricotta Balls - Cheesy, Crispy Bites of Goodness



OVEN
375°F

TIME
2 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 cups fresh spinach, chopped
1 cup ricotta cheese
1/2 cup grated Parmesan cheese
1/2 cup breadcrumbs
1 large egg
1/2 tsp garlic powder ?
1/2 tsp salt ?
... tsp black pepper
1/2 tsp Italian seasoning (optional)
Olive oil, for frying or brushing if baking

DIRECTIONS

1. Prepare the Mixture: Heat a skillet over medium heat. Add chopped spinach and sauté 1-2 minutes until just wilted. Let cool. In a large mixing bowl, combine ricotta, Parmesan, breadcrumbs, egg, garlic powder, salt, pepper, and Italian seasoning. Fold in the cooled spinach and mix thoroughly.
2. Shape the Balls: Roll into 1-inch balls and place on a parchment-lined tray. If the mixture feels too soft, chill in the fridge for 15-20 minutes to firm up.
3. ? Oven-Baked (Healthier Option): Preheat oven to 375°F (190°C).
4. Lightly brush or spray the balls with olive oil.
5. Bake for 20-25 minutes, flipping halfway, until golden brown.
6. ? Pan-Fried (Crispier Finish): Heat a thin layer of olive oil in a skillet over medium heat.
7. Fry in batches, turning to brown all sides, about 2-3 minutes per side.
8. Drain on paper towels before serving.

SWAPS & NOTES

You can bake them for a lighter option or pan-fry for extra crisp.

They make the perfect make-ahead party food, lunchbox addition, or quick protein-packed bite to curb afternoon cravings.

Spinach : Frozen spinach works too-just thaw, squeeze dry, and measure.

Flavor Twist : Add a pinch of nutmeg for classic Italian flair or red pepper flakes for heat.

TIPS FOR SUCCESS

Chill Before Cooking : Helps the balls hold their shape better.

Even Size : Use a small cookie scoop for consistent baking.

Use Fresh Ricotta : It has a creamier, richer texture.

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

Original recipe: <https://chefmaniac.com/spinach-and-ricotta-balls-cheesy-crispy-bites-for-any-occasion/>