

Chicken Ricotta Meatballs with Spinach Alfredo Sauce

It is rich, family-friendly, and exactly the sort of recipe that gets requested again.



OVEN
400°F

TIME
30 min

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INGREDIENTS

For the meatballs:

- 1 pound ground chicken
- 1/2 cup ricotta cheese
- 1/4 cup grated Parmesan
- 1 egg
- 1/2 cup breadcrumbs
- 2 cloves garlic, minced
- Salt, to taste

Black pepper, to taste

1 tablespoon Italian seasoning

For the spinach Alfredo sauce:

- 2 tablespoons butter
- 1 clove garlic, minced
- 1 cup heavy cream
- 1/2 cup grated Parmesan
- 2 cups fresh spinach

For serving:

Cooked pasta

DIRECTIONS

1. Preheat the oven: Preheat your oven to 400°F (200°C).
2. Mix the meatball mixture: In a large bowl, combine the ground chicken, ricotta cheese, grated Parmesan, egg, breadcrumbs, minced garlic, salt, black pepper, and Italian seasoning.
3. Mix until everything is just combined.
4. Form the meatballs: Shape the mixture into small to medium-sized meatballs.
5. Place them on a parchment-lined baking sheet.
6. Bake the meatballs: Bake for about 30 minutes, or until the meatballs are golden and cooked through.
7. Make the Alfredo sauce: While the meatballs bake, melt the butter in a pan over medium heat.
8. Add the garlic and cook until fragrant.
9. Pour in the heavy cream and add the : Parmesan. Simmer until the sauce thickens slightly.
10. Stir in the fresh spinach and cook until wilted.
11. Season with salt and black pepper to taste.
12. Combine and finish: Place the baked meatballs and the Alfredo sauce into a baking dish.
13. Bake at 350°F for 15 to 20 minutes, until everything is hot and bubbly.
14. Serve: Serve the meatballs and sauce over cooked pasta.

SWAPS & NOTES

Ricotta is one of the key ingredients here because it keeps

the meatballs especially soft and tender.

It adds moisture without making the mixture heavy.

Ground chicken gives the meatballs a lighter feel than beef or

pork, but they still stay flavorful thanks to the garlic, Parmesan, and Italian seasoning.

Fresh spinach works beautifully in the Alfredo sauce because it wilts quickly and adds a little freshness to balance the richness of the cream and cheese.

TIPS FOR SUCCESS

Do not overmix the meatball mixture.

Mixing just until combined helps keep the meatballs tender.

If the mixture feels too soft to shape easily, chill it for a short time before rolling the meatballs.

Use fresh grated Parmesan if possible for the smoothest Alfredo sauce and the best flavor.

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

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