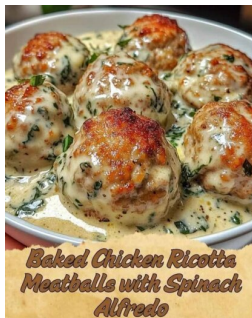


Baked Chicken Ricotta Meatballs with Spinach Alfredo for the Ultimate Cozy Dinner

Baked Chicken Ricotta Meatballs with Spinach Alfredo



OVEN
400°F

TIME
18 to 22 min

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INGREDIENTS

For the Chicken Ricotta Meatballs:

- 1 pound ground chicken
- 1/2 cup whole milk ricotta cheese
- 1/3 cup grated Parmesan cheese
- 1/2 cup breadcrumbs
- 1 large egg
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped parsley

For the Spinach Alfredo:

- 2 tablespoons butter
- 3 cloves garlic, minced
- 1 1/2 cups heavy cream
- 3/4 cup grated Parmesan cheese
- 2 cups fresh spinach, roughly chopped
- Salt, to taste
- Black pepper, to taste
- Pinch of nutmeg, optional

DIRECTIONS

1. Preheat your oven to 400°F and line a baking sheet or lightly grease a baking dish.
2. In a large bowl, combine the ground chicken, ricotta, Parmesan, breadcrumbs, egg, garlic, Italian seasoning, onion powder, salt, pepper, and parsley. Mix gently until just combined.
3. Scoop and roll the mixture into meatballs, about 1 1/2 inches each, and place them on the prepared pan.
4. Bake for 18 to 22 minutes, or until the meatballs are cooked through and lightly golden.
5. While the meatballs bake, melt the butter in a large skillet over medium-low heat. Add the garlic and cook for about 30 seconds, just until fragrant.
6. Pour in the heavy cream and stir gently. Let it warm through, then add the Parmesan cheese a little at a time, stirring until smooth.
7. Add the chopped spinach and cook until wilted. Season with salt, pepper, and a small pinch of nutmeg if using.
8. Add the baked meatballs to the skillet and spoon the sauce over them. Let everything simmer together for 2 to 3 minutes before serving.

SWAPS & NOTES

Ground turkey can easily stand in for the ground chicken if

that is what you have on hand.

Full-fat ricotta is best here because it adds richness and helps the meatballs stay soft.

If you use part-skim ricotta, the meatballs may be a little

firmer, but still delicious.

For the breadcrumbs, plain or Italian-seasoned both work.

TIPS FOR SUCCESS

Do not overmix the meatball mixture.

Ground chicken is delicate, and overworking it can make the meatballs dense instead of tender.

Mix just until everything is combined and no more.

If the mixture feels too sticky to roll, lightly oil your hands or chill the bowl for 10 minutes before shaping.

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

Original recipe: <https://chefmaniac.com/baked-chicken-ricotta-meatballs-with-spinach-alfredo-for-the-ultimate-cozy-dinner/>