

# Chicken Ricotta Meatballs in Spinach Alfredo Sauce

Adapted • Shared by Steve J

## Ingredients

- 1 lb ground chicken
- 1/2 cup ricotta cheese
- 1/4 cup parmesan cheese, grated
- 1/2 cup breadcrumbs
- 1 egg
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp olive oil (for cooking)



## Instructions

1. Make meatball mixture:
2. In a bowl, combine ground chicken, ricotta, parmesan, breadcrumbs, egg, garlic, Italian seasoning, salt, and pepper. Mix until just combined.
3. Shape meatballs:
4. Form into small meatballs (about 1.5 inches).
5. Cook meatballs:
6. Heat olive oil in a skillet over medium heat. Cook meatballs for 8-10 minutes, turning occasionally until browned and cooked through. Remove and set aside.
7. Make Alfredo sauce:
8. In the same pan, melt butter and sauté garlic for 30 seconds. Add heavy cream and simmer for 3-4 minutes.
9. Add cheese & spinach:
10. Combine:
11. Return meatballs to the pan and simmer in the sauce for 5-7 minutes until coated and heated through.
12. Serve:

## Notes

## Tips

Ricotta keeps meatballs extra soft and juicy. Don't over mix to keep texture light and tender. Add nutmeg pinch for classic Alfredo flavor. Perfect comfort meal & creamy, rich, and satisfying. Source: Facebook

Author: Facebook