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

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