

# Chicken Ricotta Meatballs with Spinach Alfredo Sauce



## Ingredients:

1 lb. ground chicken  
1/2 cup of ricotta cheese  
1/4 cup grated Parmesan cheese  
1/4 cup of breadcrumbs  
1 large egg  
2 cloves garlic, minced  
1 teaspoon dried basil  
1 teaspoon dried oregano  
For the Spinach Alfredo Sauce:  
2 cups of fresh spinach  
1 cup heavy cream  
1/2 cup grated Parmesan cheese  
Salt and pepper to taste

Prep Time: 15 min / Total Cook Time: 45 min / Serv: 4

## Instructions:

**Preparation:** Preheat your oven to 400°F (200°C) and lightly grease a baking sheet.

**Cooking:** In a bowl, combine the ground chicken, ricotta cheese, grated Parmesan, breadcrumbs, egg, garlic, basil, and oregano. Mix until well combined. Shape the mixture into meatballs and place them on the prepared baking sheet. Bake for 20-25 minutes until cooked through.

While the meatballs are baking, prepare the Spinach Alfredo Sauce. In a saucepan, heat heavy cream over medium heat. Add in the grated Parmesan cheese, stirring until melted. Toss in the fresh spinach and season with salt and pepper until the spinach wilts.

**Final touches:** Once the meatballs are done, remove them from the oven. Pour the Spinach Alfredo Sauce over the meatballs and let them sit for a few minutes to meld the flavors.

**Serving:** Serve the meatballs warm, drizzled with extra sauce, and enjoy with your favorite pasta or crusty bread.