

Chicken Ricotta Meatballs w/Creamy spinach Alfredo Sauce

Prep Time: 20 minutes
Cook Time: 20 minutes
Yield: 6 servings

INGREDIENTS

1/2 cup Italian breadcrumbs (or regular breadcrumbs)
1/2 cup milk
1 medium onion, very finely chopped
3 garlic cloves, minced
1/4 cup fresh parsley, finely chopped
1/4 cup sun-dried tomatoes, finely chopped
1.5 pounds (700 grams) ground chicken or turkey
6 ounces whole milk ricotta (approximately 3/4 cup)
1 large egg
1/3 cup freshly grated Parmesan cheese
1 Teaspoon Italian seasoning
Salt, to taste

DIRECTIONS

For the Creamy Sauce:
6 bacon Strips
4 Tbls butter
2 Garlic cloves, minced
1 1/2 cups heavy cream
1/2 tsp salt
1/4 tsp pepper
2 cups freshly grated Parmesan cheese
5 oz baby spinach
1 Tbls fresh parsley, for garnish

Directions:

- 1.Preheat** oven to 450°F (235°C). Line a large baking sheet with parchment paper.
- 2.Breadcrumbs mixture:** In a medium bowl, combine the breadcrumbs with milk and set aside to soak for 2 minutes.
- 3.Vegetable prep:** Add the onion, garlic, parsley, and sun-dried tomatoes to a food processor, pulse until finely chopped.
- 4.Meatball mixture:** In a large bowl, combine the veggie mixture with ground chicken, soaked breadcrumbs, egg, ricotta, Parmesan cheese, Italian seasoning, and salt. Mix just until combined.
- 5.Form meatballs:** Shape into 18-20 (2.5-inch) meatballs and place on the prepared baking sheet. Spray with cooking oil.
- 6.Bake:** Transfer to the oven and bake for 15-20 minutes or until crisp on the outside and cooked through.
- 7.Prepare sauce:** Fry bacon in a large skillet until crispy. Remove bacon, and in the same pan, melt butter. Add garlic, then cream, and simmer. Season with salt and pepper, whisk in Parmesan until melted. Add spinach until wilted.
- 8.Combine:** Add meatballs to the sauce, cook for 2 more minutes. Chop the bacon and sprinkle over the top.
- 9.Serve:** with pasta of your choice.

·**Prep Time:**20 minutes |**Cooking Time:**20 minutes |**Total Time:**40 minutes |**Kcal:**206 |**Servings:**6

·**Storage:**Store any leftovers in an airtight container in the refrigerator for up to 3 days.

