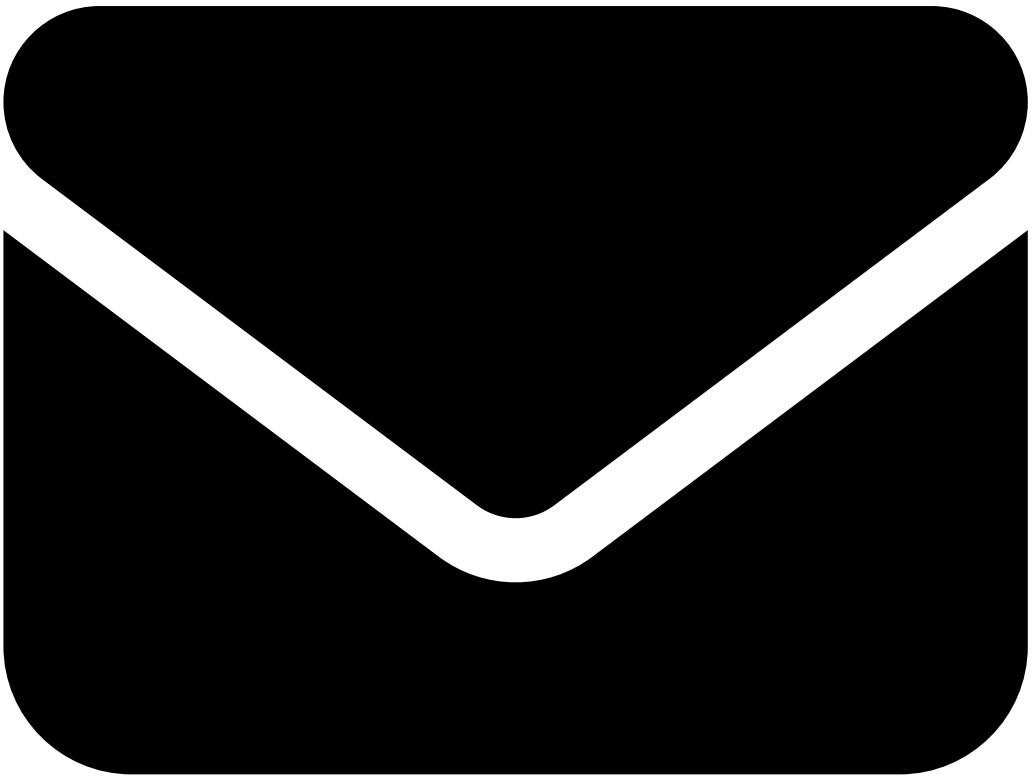
Easy spinach Ricotta ball recipe

Easy Spinach Ricotta Ball Recipe

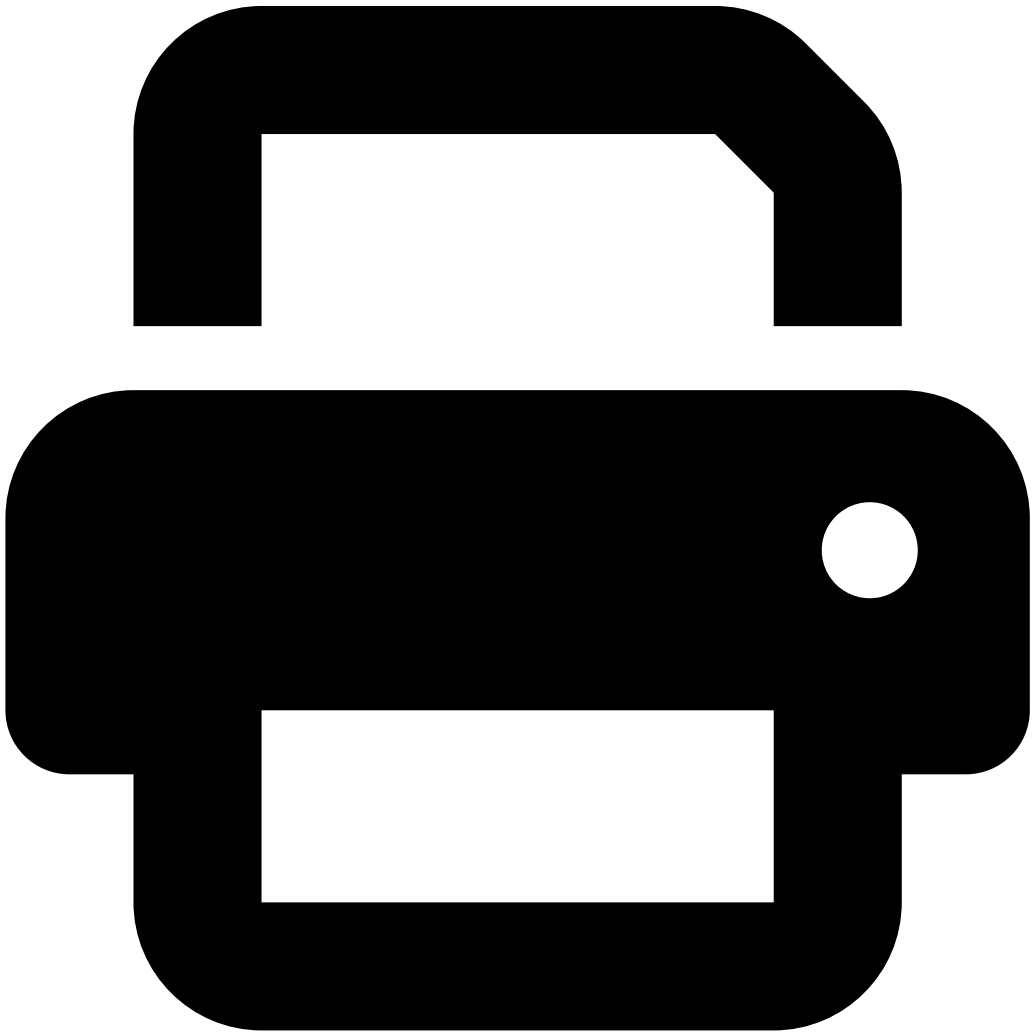
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If your looking for a vegetarian Italian recipe that doesn’t compromise on flavor or tradition, this easy spinach ricotta ball recipe is the perfect choice.
These tender cheesy bites are packed with savory flavors of spinach, ricotta, parmesan and fresh herbs all rolled together and baked before being simmered in my easy marinara sauce. They pair deliciously with marinara sauce, a simple salad or a loaf of crusty bread. Plus , they’re versatile enough to be made ahead of time, making them a perfect choice for busy weeknight meals or family and friend gatherings.

Trust me , this is one vegetarian dish meat-lovers included - will love.

Why I love this easy spinach

ricotta ball recipe

Healthy and delicious: These spinach balls are packed with nutrients from the spinach and cheese making it a healthy meal that’s also full of flavor.

Easy to make: This spinach ricotta ball recipe requires just a few ingredients and is simple to prepare , making it perfect for all cooks of all skill levels.

Versatile: You can serve these spinach ricotta balls as an appetizer, snack, side dish or paired with a salad and crusty bread for a complete meal. They’re perfect for parties, family dinners or meal prep. They can be make ahead of time and are freezer friendly.

Baked not fried: baking these easy spinach ricotta balls instead of frying them still gives them a crispy exterior with less oil, making them a lighter, healthier option.

These spinach ricotta balls prove that vegetarian dishes can be just as satisfying and full of flavor as their meat- based counterparts. With their tender texture and cheesy goodness, they are a true celebration of simple, classic Italian ingredients.

Easy Spinach Ricotta Ball Recipe



These Easy Spinach Ricotta Balls are tender, light, and

flavorful Italian-style dumplings made with creamy ricotta, spinach, Parmesan, and a few simple ingredients. They’re gently cooked until they become soft and delicate, then served with your favorite sauce or simply finished with melted butter and Parmesan. A wonderful meatless Italian recipe for a comforting lunch or dinner.

- 1 Lb. ricotta
- 2 cups steamed and chopped
- 1/2 cup grated parmesan
- 1/2 cup breadcrumbs
- 1/2 cup flour
- 1 egg
- Salt and pepper to taste
- 4 cups my easy marinara sauce

1. Steam the spinach and squeeze out as much of the water as possible

2. In a bowl mix all the ingredients.
3. Form into golf size balls bake in a preheated 375-degree oven for 10- 15 minutes
4. bring the marinara sauce to a slow simmer. Add the spinach ricotta balls and simmer for 10 minutes.
5. Top with grated parmesan cheese.

Tip text

Tip text

Drain the ricotta and spinach really well. Excess moisture is the biggest reason ricotta balls can fall apart while cooking. If using frozen spinach, squeeze it very dry before adding it to the mixture. For extra insurance, refrigerate the shaped balls for about 15–20 minutes before cooking. Chef’s tip: Cook one ricotta ball first as a test. If it starts to fall apart, add a little more Parmesan or flour to the mixture before cooking the rest.

Appetizer, Main Course, Side Dish
Italian
easy spinach ricotta ball recipe