

Zucchini Noodles with Tomato-Ricotta Meatballs

Category: Dinner

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 2

Ingredients

- 2 medium zucchinis, spiralized into noodles
- ½ cup (125 g) ricotta cheese
- 200 g lean ground chicken or turkey
- ¼ cup breadcrumbs (optional for binding)
- 1 large egg
- ½ tsp garlic powder
- ½ tsp dried Italian herbs
- Salt and pepper to taste
- 1 cup tomato sauce, homemade or store-bought
- 1 tsp olive oil

Instructions

1. Preheat oven to 200°C (400°F).
2. In a bowl, mix **ground meat**, **ricotta**, **egg**, **breadcrumbs**, garlic, herbs, salt, and pepper until combined.
3. Form small meatballs and place them on a baking sheet lined with parchment.
4. Bake for 15–18 minutes or until cooked through.
5. Meanwhile, sauté **zucchini noodles** lightly in olive oil for 2–3 minutes until just tender.
6. Heat tomato sauce in a pan, then add baked meatballs to coat.
7. Serve meatballs over zucchini noodles with extra sauce on top.

Nutrition (per serving)

- **Calories:** 280 kcal
- **Protein:** 22 g
- **Carbohydrates:** 12 g
- **Fiber:** 4 g
- **Fat:** 14 g
- **Calcium:** 180 mg
- **Sugar:** 6 g

Health Benefits

- **Low-Carb Dinner:** Zucchini noodles replace pasta for a lighter meal.
- **High Protein:** Ricotta and meatballs support muscle repair and satiety.
- **Vitamins & Minerals:** Tomato sauce and zucchini provide antioxidants, vitamin C, and potassium.
- **Bone Support:** Ricotta adds calcium and phosphorus for healthy bones.

Pro Tips

- Use a **spiralizer** for even zucchini noodles.
- Avoid overcooking zucchini to keep it firm and slightly crunchy.
- Freeze extra meatballs for quick weeknight meals.
- Garnish with **fresh basil** or grated Parmesan.
- Pair with a **light side salad** for a balanced dinner.