
Meatball Piccata

Publix Aprons

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Servings: 2

Start to Finish Time: 30 minutes

1 package frozen turkey meatballs
3 cloves garlic
zest of three lemons
juice of three lemons
1/4 cup capers
1 tablespoon unsalted butter
1 tablespoon flour
3/4 cup no-salt-added chicken stock (or broth)
1/4 teaspoon pepper
1 package (10 ounce) zucchini spirals (for serving) (optional)
1/4 cup grated Parmesan cheese (for serving) (optional)

Preheat the oven to 350 degrees.

Prepare the meatballs following package oven instructions. Finely chop the garlic. Zest the lemons (1/2 teaspoon) and squeeze for juice (5 tablespoons). Drain the capers.

Preheat a large saute' pan on medium for 2 to 3 minutes during the last 10 minutes of the meatballs baking. Place the butter and garlic in the pan. Cook and stir for 1 minute. Sprinkle in the flour. Cook and stir for 1 to 2 minutes or until toasted and fragrant.

Slowly pour in the stock, stirring until well blended. Stir in the lemon juice, lemon zest and pepper. Cook for 4 to 5 minutes, stirring occasionally, or until the sauce has thickened. Stir the meatballs and capers into the sauce until coated.

Serve the meatballs and sauce over vegetable noodles, topped with cheese (if desired).

Pasta

Per Serving (excluding unknown items): 74 Calories; 6g Fat (70.7% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 157mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.