

Chicken Piccata Meatballs

These chicken piccata meatballs cook in one pan with a delicious pan sauce of lemon, capers, white wine, and butter. They are great served over orzo, rice or angel hair pasta.

By **Nicole McLaughlin** |

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 2 shallots, finely minced
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup half and half
- 1 cup seasoned bread crumbs, divided
- 2 tablespoons finely minced parsley, divided
- 1 large egg
- 2 tablespoons capers, divided
- 1 pound ground chicken
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon garlic powder
- 3 tablespoons olive oil, plus more as needed
- 1/4 cup white wine
- 1 1/4 cups chicken stock
- 1 1/2 tablespoons fresh lemon juice
- 3 tablespoons cold butter, cut into cubes

Directions

Step 1

Add half of shallots to a large bowl. Stir in Parmesan cheese, half and half, 1/3 cup bread crumbs, 1 tablespoon parsley, and egg. Roughly chop 1 tablespoon capers and add to the bowl; add ground chicken. Season with salt, pepper, and garlic powder. Mix gently together until everything is well incorporated.

Step 2

Add remaining bread crumbs to a work surface or shallow dish. Form chicken mixture into 12 meatballs, rolling each one lightly in bread crumbs to coat and to help shape the meatballs.

Step 3

Heat oil in a large deep skillet over medium-high heat. Add meatballs to skillet and cook, turning occasionally, until browned on all sides, about 5 minutes, adding more oil if necessary. Remove meatballs from skillet and set aside.

Step 4

Add remaining shallot and capers to the skillet and cook stirring constantly, for 1 minute. Pour in wine and stock and bring to a boil. Return meatballs to the skillet, reduce heat, and simmer until liquid is reduced by half, stirring occasionally, to coat meatballs in the sauce, 6 to 7 minutes.

Step 5

Once sauce is reduced, move meatballs to one side of the skillet and turn the heat to very low. Whisk in lemon juice and cold butter, stirring constantly, until well incorporated and slightly thickened. Stir in parsley and remove from heat. Toss meatballs well with sauce and serve immediately.

Nutrition Facts

Per serving: 624 calories; total fat 38g; saturated fat 13g; cholesterol 204mg; sodium 1223mg; total carbohydrate 32g; dietary fiber 3g; total sugars 6g; protein 37g; vitamin c 9mg; calcium 164mg; iron 4mg ; potassium 1108mg

20-Minute Creamy Mustard Chicken Thighs

This quick-cooking chicken thigh recipe is perfect for weeknights. A little bit of mustard mixed with a touch of cream creates a luscious sauce for the chicken thighs.

By **Devon O'Brien** | Updated on August 12, 2025

✓ Reviewed by Dietitian **Christa Brown, M.S., RDN, LD**

Active Time: 20 mins

Total Time: 20 mins

Servings: 4

Nutrition Profile:

Low-Carb Nut-Free Soy-Free Egg-Free Gluten-Free Low-Calorie

Ingredients

1 pound boneless, skinless chicken thighs, trimmed

½ teaspoon salt

½ teaspoon ground pepper

2 tablespoons extra-virgin olive oil, divided

1 medium yellow onion, thinly sliced

¼ cup dry white wine

1 tablespoon Dijon mustard

¼ cup heavy cream

1 tablespoon capers, rinsed

Chopped fresh parsley for garnish

Directions

Step 1

Sprinkle 1 pound of chicken thighs with 1/2 teaspoon salt and 1/2 teaspoon pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once halfway, until browned, about 6 minutes. Transfer to a clean plate.

Step 2

Add the remaining 1 tablespoon oil and onion to the pan. Cover and cook, stirring occasionally, until golden, about 3 minutes. Stir in 1/4 cup wine and 1 tablespoon mustard, scraping up any browned bits. Reduce heat to maintain a simmer. Stir in 1/4 cup cream and 1 tablespoon capers. Return the chicken and any accumulated juices to the pan. Cover and simmer until an instant-read thermometer inserted into the thickest part of a thigh registers 165°F, about 4 minutes. Serve topped with parsley, if desired.

Frequently Asked Questions

How can I prevent my eyes from watering when I cut onions?

You can help prevent your eyes from painful stinging and tearing up while cutting onions by chilling the onion in the refrigerator for a few minutes before slicing it. When you're ready to work with it, try to avoid cutting through the root, as that's where the irritating chemicals are concentrated. Additionally, you can wear goggles or position a fan to blow the onion spray away from your face.

What should I serve with Creamy Mustard Chicken Thighs?

Pair this recipe with a salad or a platter of colorful Roasted Carrots with Lemon & Dill, Crispy Smashed Brussels Sprouts, Sautéed Leek Mashed Potatoes, or another favorite vegetable side dish. The sauce for this recipe is so good that you'll want bread, rolls or rice to mop up every last drop. Our Parker House Rolls are made for such a dish, and they can be frozen, so you can whip up a batch in advance and always have them on hand.

How should I store Creamy Mustard Chicken Thighs?

Let the chicken cool to room temperature before adding them to an airtight container for the refrigerator. They can be stored this way for about 4 days.

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Nutrition Facts

Per serving: **Serving Size 3 oz. chicken & 1/3 cup sauce** 302 calories; total fat 21g; saturated fat 7g; cholesterol 93mg; sodium 431mg; total carbohydrate 4g; dietary fiber 1g; total sugars 2g; protein 22g
Additional reporting by Carrie Myers, M.S. and Linda Frahm
Additional reporting by Carrie Myers, M.S. and Linda Frahm

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Maple-Glazed Salmon with Roasted Brussels Sprouts

Hands on time: 10 Minutes | Total Time: 25 Minutes

Serves \$

Ingredients

1 pound Brussels sprouts, trimmed and halved
1 large red onion, cut into 1-inch wedges, stem ends left intact
2 tablespoons olive oil
Kosher salt and black pepper
2 tablespoons pure maple syrup
2 tablespoons whole-grain mustard
1 1/2 pounds skinless salmon fillet, cut into 4 pieces
Lemon wedges, for serving

Instructions

1. Heat oven to 450°F, with the racks in the upper and lower thirds. On a rimmed baking sheet, toss the Brussels sprouts and onion with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast on the bottom rack, tossing once, until golden and tender, 15 to 20 minutes.
2. Meanwhile, in a small bowl, mix together the maple syrup, mustard, and 1/4 teaspoon each salt and pepper. After the vegetables have cooked for 12 minutes, place the salmon on a second rimmed baking sheet and brush it with the maple mixture. Roast on the top rack until opaque throughout, 6 to 8 minutes.
3. Serve the salmon with the vegetables and lemon wedges.

Slow-Cooker Carnitas

- ☐ 5 tablespoons grapeseed or other neutral-flavored oil, divided
- ☐ 1 boneless pork shoulder roast (3 1/2 lbs.; aka Boston butt)
- ☐ 1 1/2 teaspoons kosher salt
- ☐ 1 tablespoon pepper
- ☐ 1 cup reduced-sodium chicken broth
- ☐ 1 tablespoon adobo sauce from canned chipotle chiles
- ☐ 1 teaspoon achiote paste
- ☐ 4 wide strips orange zest
- ☐ 12 corn tortillas (6 in.)
- ☐ Pico de gallo, store-bought or homemade

Step 1

- Heat 3 tbsp. oil in a large cast-iron skillet over medium-high heat. Season pork with the salt and pepper. Add pork to skillet and brown on all sides, 12 to 14 minutes. Place pork in a 6-qt. slow-cooker.

Step 2

- Discard fat from skillet and wipe clean with paper towels. Stir together broth, adobo sauce, and achiote paste in skillet and bring to a boil over medium-high heat. Pour over pork, then add orange zest.

Step 3

- Cover slow-cooker and cook on low until pork is very tender, about 8 hours. Lift meat to a cutting board or platter. Pour cooking liquid through a fine wire-mesh strainer into a measuring cup, then discard solids. Skim fat from cooking liquid. Using two forks, shred meat into large chunks.

Step 4

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Heat 1 tbsp. oil in cleaned cast-iron skillet over high heat. Arrange half of meat in an even layer in skillet and cook, undisturbed, until deeply caramelized, 4 to 5 minutes. Stir in 1/2 cup cooking liquid; transfer to a bowl. Repeat with remaining 1 tbsp. oil, pork, and 1/2 cup cooking liquid.

Step 5

- Toast tortillas over an open flame 20 to 30 seconds per side and wrap in a clean kitchen towel until ready to serve. Or, wrap in towel and microwave 1 minute to warm.

Step 6

- Serve pork with warm tortillas and pico de gallo.

Step 7

- Wine pairing: Lone Madrone 2013 Sheep Camp Zinfandel (Paso Robles; \$45).

Nutrition Facts	
0 servings	
Serving size	
Amount per serving	
Calories852	
% Daily Value *	
Total Fat 61g	79%
Saturated Fat 18g	90%
Cholesterol 188mg	63%
Sodium 705mg	31%
Total Carbohydrate 25g	10%
Dietary Fiber 2.6g	10%
Protein 49g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spicy Mango & Avocado Rice Bowl

Recipe type: main dish

Serves: about 4

Ingredients

- 2 cups cooked black forbidden rice, or other grain
- 1 14 oz. package extra firm tofu
- drizzle of olive oil
- drizzle of tamari
- 1 mango, cubed
- 1 scallion, sliced
- 1 cup shredded red cabbage
- a few radishes, thinly sliced
- ½ cup chopped cucumber
- 1 avocado, pitted and diced
- lime slices
- handful of chopped cilantro (or basil or mint)

coconut peanut sauce:

- ½ cup coconut milk (full fat or light, from a can or box)
- 2 tablespoons peanut butter
- 2 teaspoon soy sauce
- 2 teaspoons lime juice
- 1 teaspoon sriracha
- optional - minced garlic and/or ginger

Instructions

1. Cook black rice as you would brown rice (I use a rice cooker). Ratio is 1 cup rice to 2 cups water.
2. Preheat oven to 400 degrees F and prepare a baking sheet with parchment paper.
3. Pat tofu dry, slice into cubes and toss with drizzle of olive oil and tamari. Arrange on baking sheet and bake until golden brown around the edges. About 20-25 minutes. Remove from oven and toss with a little sriracha to coat the outside of the tofu.
4. While your tofu bakes, mix together the sauce ingredients. (I do this in a jar with a tight lid - shake until combined). Taste and adjust seasonings.
5. Assemble bowls with mango, scallions, shredded red cabbage, radishes, cucumber, avocado cilantro and tofu. Serve with coconut sauce, extra sriracha and lime slices.

Notes

Store leftovers in an air tight container in the refrigerator. If you're planning on storing longer than 1 day, keep your avocado separate and dice it as you're ready to eat. (Avocado storage tip: keep sliced-open avocados in a sealed plastic bag with a chunk of onion - it should last 2-3 days).

Store sauce separately in the fridge - if it firms up overnight, stir in a little water to thin it out.

Recipe by Love and Lemons at <https://www.loveandlemons.com/spicy-mango-avocado-rice-bowl/>

