



Bacon-Wrapped Feta & Broccoli- Stuffed Chicken Breast

INGREDIENTS

- (2) 5-ounce boneless skinless chicken breasts
- 2 oz fat-free feta crumbles
- 2 oz broccoli florets, finely chopped
- 2 tsp seasoned bread crumbs
- 1 garlic clove
- 1 green onion, finely chopped
- 4 slices Appleton Farms center-cut bacon

NUTRITION FACTS

Serves: 2

Amount Per Serving:

- Calories 243
- Total Fat 7 g
- Saturated Fat 2 g
- Cholesterol 95 mg
- Sodium 814 mg
- Carbohydrate 6 g
- Dietary Fiber 1 g
- Sugars 2 g
- Protein 39 g
- myWW Blue: 3
- myWW Purple: 3
- myWW Green: 4

AIR FRYER DIRECTIONS

1. Pound chicken breasts thin and season with salt and pepper, if desired. Set aside.
2. Finely chop green onion and broccoli. Mince the garlic.
3. Place broccoli in microwave-safe bowl, add about 3 Tbsp of water and cover with damp paper towel. Cook for approximately 3 minutes.
4. Spray medium skillet with cooking spray and saute broccoli and white part of green onion for approximately 2 minutes. Add garlic and feta crumbles and cook an additional minute.
5. Spread equal amounts of feta/broccoli mixture onto each chicken breast and roll up, fastening with toothpicks, if needed.
6. Spritz chicken with olive oil or spray butter.
7. Sprinkle with bread crumbs.
8. Wrap 2 slices bacon around each chicken breast.
9. Preheat air fryer to 360 degrees for approximately 2 minutes.
10. Spray air fryer basket with olive oil.
11. Place chicken in basket and air fry for 15 to 20 minutes, flipping halfway.
12. Let rest 5 minutes before cutting. Remove toothpicks. Garnish with green onion.

OVEN DIRECTIONS

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil and spray foil with cooking spray.
2. Follow steps #1 through #8 above.
3. Bake in preheated oven for approximately 25 minutes or cooked through.
4. Let rest 5 minutes before cutting. Remove toothpicks. Garnish with green onion.

This recipe can be found at:

<https://planningushealthy.com/feta-broccoli-chicken>

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