



Air Fryer (or Oven) Kickin' Chicken Parm

INGREDIENTS

- (2) 5-oz chicken breasts
- 1/2 Tbsp light butter
- 1-1/2 Tbsp Italian breadcrumbs
- 1-1/2 Tbsp whole wheat Panko breadcrumbs
- 1 Tbsp Parmesan cheese
- 1-1/2 oz. Polly-O part-skim mozzarella
- 8 oz. Rotel diced tomatoes with chiles

NUTRITION FACTS

Serves: 2

Amount Per Serving

- calories 290
- Total Fat 9 g
- Saturated Fat 3 g
- Cholesterol 95 mg
- Sodium 777 mg
- Carbohydrate 12 g
- Dietary Fiber 2 g
- Sugars 4 g
- Protein 40 g
- myWW Blue: 4
- myWW Purple: 4
- myWW Green: 6

DIRECTIONS

1. Preheat air fryer to 360 (or oven to 450).
2. Combine Parmesan cheese and breadcrumbs.
3. Melt butter and brush on chicken.
4. Dip buttered chicken in crumb mixture.
5. Spray air fryer basket with olive oil spray.
6. Place chicken in basket and spray tops with olive oil spray.
7. Air fry for 6-10 minutes, depending on thickness of chicken.
8. Flip chicken over, top each breast with desired amount of Rotel and 3/4 oz. mozzarella.
9. Air fry an additional 5 minutes or until cheese is melted.

NO AIR FRYER? OVEN METHOD

Bake in 450 degree oven for 25 minutes (longer if you are using thicker chicken breasts). Top with Rotel and cheese, and bake an additional 5 minutes.