



Kristi's Philly Hasselback Chicken

INGREDIENTS

- (2) 6-oz skinless, boneless chicken breasts
- 1/2 cup Olive Garden light Italian dressing
- 1 small onion, finely chopped
- 1 small yellow bell pepper, finely chopped
- 1 small green bell pepper, finely chopped
- 4 slices Sargento ultra thin provolone
- Spices (I used salt, pepper, paprika, and garlic powder)

NUTRITION FACTS

Serves: 2

Amount Per Serving

- Calories 331
- Total Fat 12 g
- Saturated Fat 2 g
- Cholesterol 109 mg
- Sodium 1611 mg
- Carbohydrate 11 g
- Dietary Fiber 1 g
- Sugars 7 g
- Protein 41 g
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- myWW Blue: 4sp
- myWW Purple: 4sp
- myWW Green: 7sp

DIRECTIONS

1. **Cut slits in chicken.**
2. **Season with spices.**
3. **Marinate chicken breasts in dressing for 8 hours.**
4. **Spray saute pan with olive oil spray.**
5. **Saute onions and peppers until lightly browned.**
6. **Air fryer chicken breasts slit side down for five minutes.**
7. **Remove chicken from air fryer and stuff onions and peppers into slits.**
8. **Slice cheese into strips and stuff 2 slices into the slits of each chicken breast.**
9. **Air fry for an additional 8 minutes. (Time will vary based on thickness of chicken and the air fryer you use.)**

NO AIR FRYER? NO PROBLEM!

Bake in 400-degree oven for 20 to 25 minutes or until chicken is cooked through.

Keep in mind all ovens vary and cooking time will vary depending on the thickness of your chicken and your oven.

Recipe can be found at
<https://planningushealthy.com/philly-hasselback-chicken>