



Air-Fryer Parmesan Ranch Chicken



1/2 of recipe: 258 calories, 6.5g total fat (2g sat. fat), 391mg sodium, 7g carbs, <0.5g fiber, 0.5g sugars, 39.5g protein

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Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

1/4 cup panko bread crumbs
2 tbsp. grated Parmesan cheese
1 tsp. ranch dressing/dip seasoning mix
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
Two 5-oz. raw boneless skinless chicken breast cutlets
Optional dip: light ranch dressing

Directions

In a wide bowl, combine panko, Parm, and ranch seasoning mix. Mix well.

Place egg whites/substitute in another wide bowl. Coat chicken with the egg, followed by the seasoned bread crumbs.

Place chicken in an air fryer, and top with any remaining crumbs. Spray with nonstick spray.

Set air fryer to 370°F (or the nearest degree). Cook until cooked through and crispy, 14-16 minutes.

MAKES 2 SERVINGS

Oven Alternative! Bake at 375°F until cooked through and golden brown, about 25 minutes, flipping halfway through.

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