



## Air-Fryer Stuffed Chicken Parm



1/2 of recipe (1 stuffed chicken breast): 270 calories, 7g total fat (2.5g sat. fat), 476mg sodium, 10g carbs, 1g fiber, 2.5g sugars, 39g protein

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**Prep:** 15 minutes    **Cook:** 25 minutes



### Ingredients

1/4 cup panko breadcrumbs  
1/2 tsp. Italian seasoning  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
Two 5-oz. raw boneless skinless chicken breasts  
1/8 tsp. each salt and black pepper  
3 tbsp. shredded part-skim mozzarella cheese  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup marinara sauce with 3g fat or less per serving  
2 tsp. grated Parmesan cheese

### Directions

In a medium bowl, mix breadcrumbs with 1/4 tsp. Italian seasoning, 1/4 tsp. garlic powder, and 1/4 tsp. onion powder.

Pound chicken to 1/2-inch thickness. Sprinkle with remaining 1/4 tsp. Italian seasoning, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/8 tsp. each salt and pepper. Top with mozzarella. Tightly roll up each chicken breast, and secure with toothpicks.

Place one stuffed chicken breast in a wide bowl. Evenly top with half of the egg. Shake to remove excess, and transfer to an air fryer basket sprayed with nonstick spray. Generously coat with half of the seasoned breadcrumbs. Repeat with remaining stuffed chicken breast. Evenly top with any remaining breadcrumbs.

Set air fryer temperature to 365 degrees. Cook for 20 - 25 minutes, until chicken is cooked through.

Place marinara in a small microwave-safe bowl. Cover and microwave for 20 seconds, or until hot.

Top chicken with marinara and Parm.

**MAKES 2 SERVINGS**

**Oven Alternative:** Place in an 8" X 8" baking pan (sprayed with nonstick spray), and cover with foil. Bake for 40 minutes at 350 degrees, removing foil after 20 minutes.

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