



Crispy Lemon Garlic Chicken



1/2 of recipe: 252 calories, 6.5g total fat (2g sat fat), 522mg sodium, 7.5g carbs, <0.5g fiber, 1g sugars, 38 protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 20 minutes



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 lemon
1/4 cup panko bread crumbs
2 tbsp. grated Parmesan cheese
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
Two 5-oz. raw boneless skinless chicken breast cutlets

Seasonings:

1/2 tsp. garlic powder
1/8 tsp. lemon pepper seasoning
1/8 tsp. salt

Directions

Zest 1 tsp. of the lemon peel into a wide bowl. Add panko, Parm, and seasonings. Mix well.

Squeeze the juice from the lemon into another wide bowl. Add egg whites/substitute, and mix well. One at a time, coat chicken cutlets in mixture, shake to remove the excess, and coat with seasoned panko.

Place chicken in an air fryer, and spray with nonstick spray. Set air fryer to 370°F (or the nearest degree). Cook for 18 minutes, or until cooked through and crispy.

MAKES 2 SERVINGS

Oven Alternative: Bake at 375°F until golden brown, 25–27 minutes, flipping halfway through.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.