



Air-Fryer 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

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



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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.

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