

Air Fryer Chicken Parmesan

# **Description**

A delightful twist on the classic Italian Chicken Parmesan, made healthier using an air fryer for a crispy Vatermark texture without the guilt of deep frying.

# Ingredients

ð?•? Chicken Breasts: 2 large, boneless and skinless ð?¥? Breadcrumbs: 1 cup, preferably Italian seasoned

ð?§? Parmesan Cheese: 1/2 cup, grated

ð? Marinara Sauce: 1 cup

ð?§? Mozzarella Cheese: 1 cup, shredded

ð??¢ï • Olive Oil: 2 tablespoons ð??¿ Italian Seasoning: 1 teaspoon ð?§? Salt and Pepper: to taste

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#### Instructions

- 1. Preheat the air fryer to 380°F (193°C).
- 2. Pound the chicken breasts to an even thickness of about 1/2 inch.
- 3. Prepare the breading station by mixing breadcrumbs, Parmesan cheese, Italian seasoning, salt, and pepper in one dish, and drizzle olive oil over the chicken in another dish.
- 4. Coat each chicken breast in the breadcrumb mixture, pressing gently to adhere.
- 5. Place the breaded chicken in the air fryer basket in a single layer and cook for 10-12 minutes, flipping halfway through.
- 6. Remove the chicken and spoon marinara sauce over each piece, then sprinkle with mozzarella cheese.
- 7. Return the chicken to the air fryer and cook for an additional 3-5 minutes until the cheese is melted and bubbly.

8. Let the chicken rest for a couple of minutes before serving.

### **Notes**

- Season generously with salt and pepper for enhanced flavor.
- Use fresh breadcrumbs for better texture and flavor.
- Let the chicken rest after cooking for juicier results.
- Experiment with different cheeses for unique flavors.
- Check for doneness with a meat thermometer, aiming for 165°F (74°C).
- Consider meal prepping extra chicken for quick meals throughout the week.

## **Nutrition**

• Serving Size: 1 piece

• Calories: 450 • **Sugar**: 6g

• Sodium: 800mg

• Fat: 20g

default watermark • Saturated Fat: 8g • Unsaturated Fat: 10g

• Trans Fat: 0g

• Carbohydrates: 30g

• Fiber: 2g • Protein: 40g

• Cholesterol: 100mg

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