



Bacon Wrapped Chicken

Description

Equipment

- Bowl
- Knife
- Plate
- Baking Tray
- Cooking brush
- Serving Plate

Ingredients

- Boneless Chicken Tenders 12
- Bacon Slices 12
- Light Brown Sugar 2tsp
- Paprika 1tsp
- Garlic powder 1/2 tsp
- Onion Powder 1/2 tsp
- Black Pepper 1/8 tsp
- Table Salt: 1/2 teaspoon
- BBQ Sauce 3tbsp
- Sliced green onions

Ingredient Notes

Chicken: We used fat-free [chicken](#) to lower the calories points.

Bacon: You can use turkey bacon. I recommend using Oscar Mayer bacon.

Sugar: It is used to balance the dish's flavor. Substitute it with zero-point brown sugar like Lakanto Golden Monk fruit Sweetener.

Paprika: I used only 1 teaspoon of my choice. You can add to your taste.

BBQ sauce: Sugar-free BBQ sauce is used to make this dish to maintain its points.

Green Onions: This ingredient is used for garnishing.

Instructions

Making of Bacon-Wrapped Chicken

1. Add garlic powder, brown sugar, black pepper, salt, paprika, and onion powder in a small bowl. Mix all spices.
2. Next, cut the chicken into strips by using a knife. Shift it into a plate.
3. Apply a thin layer of spicy mixture to the chicken tenders.
4. Fold chicken strips with sliced bacon and combine it with a toothpick.

Air Fryer

1. Place the wrapped chicken in an air fryer.
2. Simmer each side for 3-6 minutes or until it's cooked well.
3. After 6 minutes, place on a serving plate and top it with green onions.
4. Enjoy this dish with any sauce or dip.

Serving Suggestions to try

Enjoy it with lemon-parsley potatoes, roasted green beans with caramelized onions, avocado quinoa salad, grilled zucchini, Instant pot cilantro lime rice, or sliced vegetables like tomato, avocado, and cucumbers.

Tips

After washing, dry the chicken strips with kitchen tissue paper.
Coat the chicken with your preferred herbs and seasonings of your choice.
Fold the bacon and chicken strips with the help of toothpicks.
Ensure that the Chicken strips are longer than the bacon strips so they fold together easily.
You can switch the ingredients to your choice.
Don't overcook the bacon and chicken.
After baking or airfrying, check the chicken by inserting a knife.
Make sure to take out toothpicks before eating.

Category

1. Air Fryer Recipes

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