



Gourmet Chicken Ranch Roll-Ups in the Air Fryer

Description

Ingredients

- 6 slices of premium mozzarella cheese
- 1 1/2 cups of tender, cooked shredded or grilled chicken
- 1 tablespoon of rich, low-carb ranch dressing
- 1 teaspoon of delicately sliced green onion

Instructions

1. Prepare the Filling:

- In a mixing bowl, blend the shredded chicken, ranch dressing, and green onions. Set aside, allowing the flavors to meld.

2. Preheat the Air Fryer:

- Preheat your air fryer to 350°F (175°C) for about 3 minutes.

3. Prepare the Cheese Slices:

- Place a slice of mozzarella cheese on a piece of parchment paper or a silicone baking mat that fits in your air fryer basket.
- Cook the cheese slice in the preheated air fryer at 350°F (175°C) for 3-5 minutes, or until the cheese becomes bubbly and the edges are golden brown.

4. Assemble the Roll-Ups:

- Once out of the air fryer, allow the cheese to cool for about a minute, ensuring it remains pliable but manageable.
- Spread the chicken ranch mixture evenly along one edge of the cheese slice.
- Tightly roll up the cheese slice, ensuring the seam side is placed facing down.
- Repeat with the remaining cheese slices and chicken mixture.

5. Crisp the Roll-Ups:

- Place the assembled roll-ups back into the air fryer, seam side down. Make sure they are not touching to ensure even cooking.
- Cook at 350°F (175°C) for an additional 3-5 minutes, or until the roll-ups are crispy and golden brown.

6. Serve:

- Remove the roll-ups from the air fryer and let them cool slightly before serving.
- Slice them into smaller pieces for appetizers or serve whole as a main dish.
- Optional: Serve with additional ranch dressing or dipping sauce of your choice.

Enjoy your Air Fryer Chicken Ranch Roll-Ups, crispy and delicious right from the air fryer!

Serving: servings, Carbohydrates: 21.5 g, Protein: 22.5 g, Fat: 3.5 g, Saturated Fat: 1 g, Cholesterol: 69 mg, Sodium: 426.5 mg, Fiber: 1.5 g, Sugar: 1.5 g

Category

1. Air Fryer Recipes

Date Created

23/12/2024

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