

AIR-FRYER FAVORITE

Bacon-Cheddar-Ranch Chicken Patties

Savory, protein-rich patties with cool scallion ranch sauce



SERVES
4

PREP
10 min

COOK
12-15 min

WW POINTS
2 per serving

Ingredients

- **4 sprays** cooking spray
- **1 can (15.5 oz)** cannellini beans, rinsed and drained
- **1 lb** uncooked ground chicken breast
- **1/3 cup** reduced-fat cheddar, shredded
- **3 1/2 Tbsp** ranch seasoning, divided
- **3 slices** cooked turkey bacon, crumbled
- **1/2 cup** plain fat-free Greek yogurt
- **2 medium** scallions, chopped

SERVING SIZE

1 patty + 2 Tbsp scallion ranch sauce

Directions

- 1 Partially mash the cannellini beans in a large bowl, leaving some texture. Add the ground chicken, cheddar, 3 tablespoons ranch seasoning, and bacon. Mix well, then divide into 4 equal portions and shape each into a 1-inch-thick patty.
- 2 Preheat the air fryer to 400°F, if needed. Line the basket with parchment. Arrange the patties in the basket and coat the tops with cooking spray. Air-fry until browned and cooked through, 12 to 15 minutes. Chicken should reach 165°F in the center.
- 3 Meanwhile, stir together the Greek yogurt, remaining 1 1/2 teaspoons ranch seasoning, and scallions. Serve 2 tablespoons sauce with each patty.

NO AIR FRYER?

Broil 4-5 minutes per side, until the center reaches 165°F.

ESTIMATED NUTRITION | PER SERVING

300 CAL 42g PROTEIN 24g CARBS 7g FAT 6g FIBER 1,000mg SODIUM