

AIR-FRYER CLASSIC

Super-Simple Chicken Parmesan

Crispy chicken, bubbling cheese and fresh basil

SERVES

4

PREP

15 min

COOK

8 min



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INGREDIENTS

- 4 sprays olive oil cooking spray
- 1 large egg
- 1 Tbsp water
- 1/2 cup Italian-seasoned breadcrumbs
- 1 lb chicken breast cutlets, 4 pieces
- 1/2 cup marinara or low-fat pizza sauce
- 2 oz part-skim mozzarella, 4 thin slices
- 4 slices tomato, thick-cut
- 4 Tbsp grated Parmesan
- 1/4 tsp black pepper, or to taste
- 4 large fresh basil leaves, sliced

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DIRECTIONS

- 1 Whisk the egg with the water. Dip each cutlet in egg, coat with breadcrumbs and lightly spray both sides.
- 2 Preheat a 6- to 8-quart air fryer to 360 to 370 F. Cook 2 cutlets for 4 to 5 minutes, then turn.
- 3 Top each cutlet with 2 Tbsp sauce, basil, mozzarella, tomato, 1 Tbsp Parmesan and pepper.
- 4 Air-fry another 2 to 3 minutes, until the chicken is cooked through and the cheese melts. Repeat with the remaining cutlets.

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WW POINTS

per serving

20 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Thin cutlets cook quickly and evenly. Chicken should reach an internal temperature of 165 F.

ESTIMATED NUTRITION PER SERVING

CALORIES

285

PROTEIN

38g

CARBS

18g

FAT

8g

SAT. FAT

3g

FIBER

2g

SODIUM

650mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.