

***LOW-CARB AIR-FRYED CHICKEN PARMIGIANA***

*(from The Bewitching Kitchen)*

2 chicken breasts, boneless, skinless, lightly seasoned with salt

2 eggs, whisked with a teaspoon of water, salt and Herbes de Provence to taste

50:50 mixture of bread crumbs and almond flour

(lower carb alternative 50:50 mixture of almond flour + finely grated Parmigiano cheese)

tomato sauce

mozzarella cheese

Dip the chicken breasts in the seasoned whisked egg mixture, coat both sides with your choice of “breading.” Spray the basket of the air-fryer with a little olive oil.

Carefully place the pieces of meat side by side in the basket. Turn the air-fryer to 390F and cook for 10 minutes. If you are using very large breasts, cook for 12 minutes, but the recipe works best with smallish pieces of meat.

Gently flip the meat over, add tomato sauce and cheese. Air-fry for 6 additional minutes. Remove the meat and let it rest for a few minutes before slicing.