

## Garden Fresh Caprese Chicken Parmesan

Serves 2



2 skinless boneless chicken breasts

½ tsp salt

Fresh ground pepper

1 large egg beaten

½ cup Italian seasoned bread crumbs or Italian panko crumbs

2 TBL parmesan cheese

Olive oil spray

2 TBL pesto

4 TBL whole milk ricotta cheese or 4 slices of fresh mozzarella

4 slices of tomato

Fresh basil, sliced optional

Pre-heat air fryer to 400 degrees for 5 minutes.

Place chicken in a zip lock quart freezer bag or between parchment paper. Using a meat mallet, gently pound chicken to ¼" thickness. Salt and pepper. Place beaten egg into a wide bowl. Combine crumbs and parmesan cheese in another wide bowl or plate. Dip each breast into the beaten egg and then dredge in the crumbs. Spray both sides with oil.

Place in hot air fryer and cook for 7-9 minutes (depending on the size of the breasts), flipping once. Using a meat thermometer, make sure the interior temperature is 165 degrees.

Remove and plate. Top with pesto, then ricotta cheese or mozzarella, followed by the tomato slices and basil.