

CRISPY AIR FRYER CHICKEN PATTIES

(Maintenance Plan)

Air fryers are great for many reasons. They are especially helpful to keep these patties together in the cooking process. The mozzarella cheese helps hold the patties together as they cook. This recipe uses canned chicken to make them even easier (ground chicken will not work). Enjoy them with a dipping sauce, like the Genesis "Honey" Mustard or Ranch Dressing or see the NOTES below for other ideas. This is a maintenance recipe, so there is not an exact measurement, however, this recipe makes 12 small patties or 7-8 large ones. Two small patties is about 19-20 grams of protein, which is about 3-oz. This recipe can be cut in half, as well.



INGREDIENTS

- 2-12.5 oz cans canned chicken, drained
- 2 eggs (if eggs are small you may need another to hold together)
- 1 cup shredded mozzarella
- 1/4 cup Parmesan cheese (adds flavor, but can use more mozzarella)
- 1 Tbsp fresh parsley, chopped or 1 tsp. dried parsley, or you can use any herb (dill, etc.)/herb seasoning mix (without sugar)

1/4-1/2 tsp Pink Himalayan salt, to taste
1/4 tsp black pepper
1/2 tsp garlic powder
1/4-1/2 tsp onion powder, to taste

INSTRUCTIONS

Grease the basket of your air fryer with avocado oil and turn the air fryer to bake at 350°F. In a large mixing bowl add the drained chicken, using a fork to shred it and remove any lumps.

Add the remaining ingredients and mix well to combine. Make 12 patties using a 1/4 measuring cup (or make 7-8), gently squeezing them to hold together well. Depending on your air fryer size, you may have to make them in batches.

Bake for 13-15 minutes or until nicely browned (makes them crispier). Cooking time varies, depending on their size and your air fryer.

NOTES:

These patties are mildly flavored as is, so a dipping sauce is great for more flavor. You can try variations using Mexican seasoning with fresh cilantro instead of parsley; or try using Italian seasoning and some marinara or pizza sauce (no added sugar) to dip.

You can also use cheddar cheese and add some Frank's Hot Sauce, to your taste, for a Buffalo-style flavor.