



CS Cheesy Italian Chicken

Author: Bob and Robin Young

Categories: Italian, Main Dish - Central America

Servings: 4

Description: Superb Italian chicken that can be done in the AirFryer

Serving Ideas: Serve with spiral cut and raw zucchini and beet salad.

Ingredients

4 boneless, skinless

Chicken Breasts

8 T fresh Basil Pesto

4 Roma Tomatoes, sliced
lengthwise

8 ozs fresh sliced

Mozzarella

1 pinch Celtic Sea Salt

1 pinch fresh ground

Tellicherry Black Pepper

CS Italian Seasoning to
taste

Directions

1) Clean each chicken breast. Pat dry. Dust each breast with Italian Spice on both sides. Spread about 1T pesto on both sides. Refrigerate for 8 to 24 hours.

2) Pre heat oven to 400° F - AirFryer 375° F

3) Oven: Coat a baking dish with cooking spray. Place the chicken breasts in the pan, cover with sliced Roma tomato and place 2 slices of mozzarella on each breast. Sprinkle the top with Italian Seasoning.

4) Bake for 40 minutes until nice and bubbly. Remove from heat and spread about 2 T of pesto on each breast. Serve immediately.

5) AirFryer: Preheat AF 10 min at 375° F . Lay chicken on basket. Spray lightly with oil. Light coating of pesto. Bake for 10 minutes. Turn the chicken and spray with oil. Place a layer of cheese on chicken and tomato slice. Light coat of pesto. Return to AF and cook another 10 minutes. Remove from heat and spread about 1 T of pesto on each breast. Serve immediately.

6) Serve with a fresh green salad or some sourdough bread and veggies.