



# Keto Italian Stuffed Chicken Roll

Delicious, easy, and in the Ninja Foodie! We were inspired by our Italian Stuffed Chicken recipe, but wanted a chicken roll we could air fry! We adapted it for the Ninja Foodie, added some more flavor, and came up with a crispy, delicious meal!

You can make these in any air fryer, or in the oven!

## Recipe:

1lb Chicken Breast

### Filling:

3 oz Cream Cheese

¼ C Parmesan Cheese

2 Tablespoons Avocado Mayo

1 C Chopped Spinach

1 tsp Minced Garlic

### Spice Rub:

½ tsp Paprika

½ tsp Salt

Preheat Ninja Foodie air fryer/crisper to 375. Grease Basket.

Slice 2 chicken breasts in ½ and flatten. Spoon filling over chicken, roll, and cover in spice rub. Secure with toothpick.

Cook 10 min, flip if necessary, cook another 5 min. Serve over bed of spinach or cauliflower rice. Topping with marinara sauce is optional.



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## The Keto Dad Tips and Tricks:

- Flat chicken makes it easier to roll - place them between parchment paper and flatten with rolling pin!
- Cooking time may vary based on thickness of the chicken, we ended up at 15 min.
- If you don't have a foodie, you can bake this in your oven for approx 25 min.
- Serve on riced cauliflower for a filling meal and to easily stretch for 4 people!

Serves: 3

Calories: 314, Fat: 16g, Fiber: 0, (Net Carbs 3) Protein: 40g

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