



Air-Fried Stuffed Chicken 'n' Spaghetti Dinner

INGREDIENTS

4 oz Hy-Vee spaghetti
2 (8-oz.) Hy-Vee Meat Department Parmesan pesto marinated chicken breasts
2 tsp That's Smart! Italian seasoning
1 cup Hy-Vee finely shredded Italian cheese
1 cup lightly packed arugula
¼ cup chopped Gustare Vita sun-dried tomato bruschetta topping, drained and chopped
4 slice(s) Culinary Tours prosciutto
3 tbsp Gustare Vita extra virgin olive oil
2 tbsp bottled chopped garlic
¼ tsp Hy-Vee crushed red pepper
2 tsp Gustare Vita white wine vinegar
¼ cup chopped Italian parsley
Soirée grated Parmesan cheese, for garnish
Fresh oregano, for garnish

PREPARATION

- 1** Preheat air fryer to 375° according to manufacturer's directions.
- 2** Bring a large saucepan of water to a boil for the spaghetti. Meanwhile, starting at the thickest side of each chicken breast, cut a wide pocket three-fourths through, cutting to but not through the opposite side, and not through the top and bottom sides of the chicken. Sprinkle 1 tsp. Italian seasoning inside each pocket.
- 3** Stir together Italian cheese, arugula and bruschetta topping in a medium bowl. Fill pockets with cheese mixture. Lightly press chicken to flatten and close.
- 4** Wrap each stuffed chicken breast with 2 slices of prosciutto to completely cover chicken. Lightly spray air fryer basket with nonstick spray. Air-fry for 14 to 16 minutes or until chicken reaches (165°).
- 5** Meanwhile, cook spaghetti according to pkg. directions. Drain spaghetti, reserving ¼ cup pasta water.
- 6** Heat olive oil in a large skillet over medium-low heat. Add garlic and red pepper; cook for 3 to 4 minutes or until lightly browned, stirring occasionally.
- 7** Add spaghetti and vinegar to mixture in skillet; toss to coat. Add reserved ¼ cup pasta water and parsley; toss to combine. Serve spaghetti mixture with chicken. Garnish with Parmesan cheese and oregano, if desired.

NUTRITION FACTS

Calories: 790
Total Fat: 38g
Saturated Fat: 9g
Trans Fat: 0g
Cholesterol: 145mg

Sodium: 1540mg
Carbohydrates: 55g
Fiber: 4g
Sugar: 5g
Protein: 56g