



CHICKEN PIZZA POCKETS

Makes 8 pockets

INGREDIENTS

- 1 lb ground chicken (454 g)
- 1/4 c grated parmesan cheese, divided (30 g)
- 2 Tbsp Italian seasoning
- 2 Tbsp garlic powder
- 1 tsp black pepper
- 1/3 c pizza sauce (80 ml)
- 1/2 c shredded part-skim mozzarella cheese (57 g)
- 8 slices turkey pepperoni (about 14 g)
- Optional ranch dressing for dipping (*not included in nutrition facts; log separately*)

FACTS

Prep time: 15 min

Cook time: 20 min

Total time: 35 min

MFP: "FFC Chicken Pizza Pockets"

1 serving: 1 pocket (about 2.2 oz/62 g)

123 Calories

15P | 6F | 3C

DIRECTIONS

- 1** Preheat air fryer to 400°F (205°C).
- 2** In a large bowl, combine ground chicken, 2 Tbsp of the grated parmesan cheese, Italian seasoning, garlic powder and pepper. Mix until well combined.
- 3** Place the chicken mixture on a large sheet of parchment paper. Flatten evenly into a large rectangle, about 1/4-inch thick.
- 4** On one half of the flattened chicken, divide the pizza sauce into 8 small, evenly spaced dollops, about 10 ml each.
- 5** Top each section of pizza sauce with about 1 Tbsp (7 g) of the shredded mozzarella cheese and 1 slice of pepperoni.
- 6** Carefully fold the empty side of the chicken mixture over the filled side to cover the fillings.
- 7** Gently press the edges down around each mound to seal, then using a pizza cutter or a sharp knife, cut into 8 square nuggets. Shape each nugget individually with hands, to seal in the filling.
- 8** Sprinkle both sides of each nugget with the remaining parmesan cheese. Place nuggets onto an air fryer basket lined with parchment paper.
- 9** Air fry at 400°F (205°C) for 20-25 minutes, or until golden and cooked through (internal temperature should reach 165°F (74°C)).

Conventional oven conversion:

- Preheat oven to 425°F (220°C).
- Place nuggets on a parchment-lined baking sheet.
- Bake for 28-32 minutes, until golden and cooked through.