



Air Fryer Chicken Parmesan is a healthier, faster way to enjoy a classic [Italian-American dish](#) that's traditionally loaded with oils and fat. By leveraging the hot circulating air of an air fryer, this version delivers crispy, golden chicken topped with zesty marinara and gooey melted cheese, all with minimal oil. It's a combination of indulgence and convenience—perfect for a weeknight dinner that tastes restaurant-quality.

## Why Make Chicken Parmesan in an Air Fryer?

There are countless reasons to try Chicken Parmesan in an air fryer. Here are just a few compelling benefits:

- **Healthier Option:** Compared to deep-frying or pan-frying, air frying uses significantly less oil, reducing calories and fats.
- **Quick & Efficient:** No preheating ovens—air fryers cook faster than traditional methods.
- **Crispy Perfection:** Achieve that irresistible crunch without the need for excess oil or breadcrumbs.
- **Mess-Free Cooking:** Avoid messy oil splatters and cleanup with the air fryer's contained cooking system.

If you love Chicken Parmesan but hate the hassle, an air fryer is a game changer.

## Ingredients for Easy Air Fryer Chicken Parmesan

Here's what you need for this simple yet delicious recipe:

- 2 boneless, skinless chicken breasts (or thighs for a juicy twist)
- 1 cup marinara sauce
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- Optional for Breaded Version:
  - ½ cup panko breadcrumbs
  - 1 egg, beaten
  - ¼ cup all-purpose flour
- Fresh basil (for garnish)
- Cooking spray (olive oil or any neutral oil)



## How to Make Air Fryer Chicken Parmesan Without Breading

For an even healthier version, skip the breading!

### 1. Prepare the Chicken

Season the chicken breasts lightly with salt, pepper, and Italian seasoning. For extra flavor, marinate them in olive oil and garlic for 30 minutes.

### 2. Cook

Spray the air fryer basket with a light coat of cooking spray. Place the chicken breasts in the basket and cook at 375°F (190°C) for 10-12 minutes, flipping halfway through.

### 3. Add Marinara & Cheese

Spoon marinara sauce over each piece, top with shredded mozzarella and Parmesan, then cook for another 3 minutes until the cheese is melted and bubbly.

### 4. Garnish and Serve

Sprinkle with fresh basil and serve with your favorite sides.

## Step-by-Step Guide to Air Fryer Chicken Parmesan with Panko

Love a classic breaded crunch? This guide is for you.

### 1. Bread the Chicken

#### • Preheat & Spray

Preheat your air fryer to 375°F and spray the basket with oil.

### 3. Cook in Batches

Place the breaded chicken in the air fryer basket without overlapping. Cook for 10 minutes, flipping halfway through.

### 4. Add Toppings

Spread a layer of marinara sauce on each chicken piece, top with mozzarella and Parmesan,



and cook for an additional 3-4 minutes.

## 5. Serve & Enjoy

### Tips for a Healthy Air Fryer Chicken Parmesan

- Use low-fat mozzarella cheese to reduce calories.
- Opt for sugar-free marinara sauce to keep the dish heart-healthy.
- Experiment with almond flour and crushed nuts for a keto-friendly breading alternative.
- Pair with roasted vegetables or a mixed green salad instead of pasta.

### Making Air Fryer Chicken Parmesan Thighs

Here's a variation of the classic Chicken Parmesan recipe, specifically tailored for air fryer enthusiasts. With the following steps, you can enjoy juicy and flavorful chicken thighs with a crispy, golden coating:

- **Preparation:**
  - Start by preheating your air fryer to the recommended temperature.
  - Season the chicken thighs with your preferred blend of herbs, spices, and salt.
  - In a separate bowl, combine breadcrumbs or a low-carb alternative, grated Parmesan cheese, and any additional seasonings for the coating.
- **Coating and Air Frying:**
  - Dredge each chicken thigh in the breadcrumb mixture, ensuring an even coating.
  - Place the coated thighs in the air fryer basket, making sure they are not overcrowded.
  - Cook the chicken thighs in the air fryer according to the recommended time and temperature for poultry. This may vary depending on your specific air fryer model.
- **Adding Sauce and Cheese:**
  - Once the chicken thighs are cooked through and crispy, remove them from the air fryer.
  - Spread a layer of marinara sauce on each chicken piece, followed by a generous amount of shredded mozzarella cheese.
- **Final Cooking:**
  - Return the sauced and cheesed chicken thighs to the air fryer.
  - Cook for an additional 3-4 minutes, or until the cheese is melted and bubbly.



Serve your delicious Air Fryer Chicken Parmesan Thighs with a side of pasta or a fresh salad for a complete and satisfying meal. Enjoy the convenience and flavor this unique cooking method brings to this beloved dish.

## Chicken Parmesan in the Ninja Air Fryer: A Unique Experience

Cooking Chicken Parmesan in the Ninja Air Fryer adds a delightful twist to this classic dish. The Ninja Air Fryer's rapid air circulation technology ensures that the chicken thighs turn out perfectly crispy on the outside while remaining juicy and tender on the inside. Here's how to create this unique and delicious Chicken Parmesan using the Ninja Air Fryer:

1. **Prep the Chicken:** Start by pounding boneless chicken thighs to an even thickness, ensuring they cook evenly. Season them with salt, pepper, and any additional desired spices.
2. **Coat in Breadcrumbs:** Dip each chicken thigh into beaten eggs, allowing any excess to drip off. Next, coat the chicken in a mixture of breadcrumbs and grated Parmesan cheese, pressing gently to adhere the coating.
3. **Air Fry the Chicken:** Preheat the Ninja Air Fryer to 375°F. Place the breaded chicken thighs in a single layer in the air fryer basket, leaving space between each piece. This allows for optimal air circulation and ensures crispy results.
4. **Cook to Perfection:** Air fry the chicken thighs for 10-12 minutes, flipping them halfway through the cooking time. This ensures even browning and crispy texture on both sides. Adjust the cooking time as needed based on the thickness of the chicken thighs.
5. **Add Sauce and Cheese:** Remove the partially cooked chicken thighs from the air fryer and top each piece with marinara sauce and shredded mozzarella cheese.
6. **Final Cooking:** Return the sauced and cheesy chicken thighs to the air fryer. Cook for an additional 3-4 minutes, or until the cheese is melted and bubbly.

Serve your delicious Air Fryer Chicken Parmesan with a side of pasta or a fresh salad for a complete and satisfying meal. Enjoy the convenience and flavor this unique cooking method brings to this beloved dish.

*Note: This recipe is inspired by the Good Housekeeping recipe for Air Fryer Chicken Parmesan, providing efficient steps and minimal ingredients for a quick and satisfying meal.*



## **Air Fryer Chicken Parmesan Recipe Inspired by Good Housekeeping**

### **Ingredients:**

- 4 boneless, skinless chicken thighs
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup marinara sauce
- 1 cup shredded mozzarella cheese

### **Instructions:**

1. Preheat your air fryer to 375°F (190°C).
2. In a shallow bowl, combine the breadcrumbs, grated Parmesan cheese, dried oregano, garlic powder, salt, and black pepper.
3. Dip each chicken thigh into the breadcrumb mixture, pressing gently to adhere the coating to the chicken.
4. Place the breaded chicken thighs into the air fryer basket, ensuring they are not overlapping and have space between them for even cooking.
5. Cook the chicken thighs in the air fryer for 8-10 minutes.
6. Flip the chicken thighs and continue cooking for an additional 8-10 minutes, or until they reach an internal temperature of 165°F (74°C) and are golden brown and crispy.
7. Remove the chicken thighs from the air fryer and top each piece with marinara sauce, followed by shredded mozzarella cheese.
8. Return the chicken thighs to the air fryer and cook for an additional 3-4 minutes, or until the cheese is melted and bubbly.
9. Serve your delicious Air Fryer Chicken Parmesan with a side of pasta or a fresh salad for a complete and satisfying meal.

### **The perfect temperature and cooking time**

1. Preheat your air fryer to 400°F (200°C) for about 5 minutes.
2. Place the breaded chicken thighs in a single layer in the air fryer basket.
3. Cook the chicken thighs at 400°F (200°C) for 8-10 minutes, flipping halfway through the cooking time.



4. Check the internal temperature of the chicken thighs using a meat thermometer. They should reach an internal temperature of 165°F (74°C) to ensure they are fully cooked.
5. Once cooked, the chicken thighs should be golden brown and crispy on the outside.
6. Carefully remove the chicken thighs from the air fryer and top each piece with marinara sauce, followed by shredded mozzarella cheese.
7. Return the chicken thighs to the air fryer and cook for an additional 3-4 minutes, or until the cheese is melted and bubbly.
8. Serve your delicious Air Fryer Chicken Parmesan with a side of pasta or a fresh salad for a complete and satisfying meal.

## How to Serve Air Fryer Chicken Parmesan for Any Occasion

Air Fryer Chicken Parmesan is a versatile dish that can be served in various ways to suit different occasions. Here are some suggestions for how to elevate your Air Fryer Chicken Parmesan for any dining experience:

1. **Classic Dinner:** Serve the Air Fryer Chicken Parmesan with a side of spaghetti or linguine pasta tossed in marinara sauce. Garnish with fresh basil leaves and grated Parmesan cheese for a traditional Italian meal.
2. **Sandwich Delight:** Transform the Air Fryer Chicken Parmesan into a mouthwatering sandwich. Place the crispy chicken thigh on a soft hoagie roll or baguette, and layer it with additional marinara sauce, melted mozzarella cheese, and sliced tomatoes. Toast it in a panini press or under the broiler for a warm and melty delight.
3. **Salad Upgrade:** Slice the Air Fryer Chicken Parmesan into strips and arrange it on a bed of mixed greens. Add cherry tomatoes, sliced cucumbers, and your favorite salad toppings. Drizzle with a tangy balsamic vinaigrette for a lighter yet satisfying option.
4. **Party Appetizer:** Cut the Air Fryer Chicken Parmesan into bite-sized pieces and serve them on toothpicks or skewers. Pair them with a side of marinara sauce for dipping, and watch them disappear at your next gathering.

These serving suggestions will help you tailor your Air Fryer Chicken Parmesan to different occasions and create a memorable dining experience. Enjoy the versatility and deliciousness of this classic dish!

## Storing and Reheating Air Fryer Chicken Parmesan

To store any leftover Air Fryer Chicken Parmesan, follow these simple steps:

1. Allow the cooked chicken to cool completely before storing it.



2. Place the chicken pieces in an airtight container or wrap them tightly in aluminum foil or plastic wrap.
3. Store the chicken in the refrigerator for up to 3 days.

When it's time to enjoy your leftovers, you can reheat the Air Fryer Chicken Parmesan using one of the following methods:

- **Air Fryer:** Preheat the air fryer to 375°F (190°C). Place the chicken pieces in the air fryer basket and cook for about 5 minutes or until heated through and crispy.
- **Oven:** Preheat the oven to 350°F (175°C). Place the chicken pieces on a baking sheet and bake for 10-15 minutes or until heated through.
- **Microwave:** Place the chicken pieces on a microwave-safe plate and heat them in 30-second intervals, checking for desired temperature.

Remember to always check the internal temperature of the reheated chicken, ensuring it reaches 165°F (74°C) for safe consumption. Enjoy your delicious Air Fryer Chicken Parmesan even when reheating!

## Comparing Air Fryer Chicken Parmesan to Traditional Oven-Baked Versions:

Aspect	Air Fryer Chicken Parmesan	Traditional Oven-Baked Chicken Parmesan
Cooking Time	Shorter cooking time, usually around 10-15 minutes	Longer cooking time, typically 30-40 minutes
Texture	Achieves a crispy exterior with moist and tender chicken	Results in a slightly less crispy texture
Oil Usage	Requires less oil compared to traditional baking	Typically requires more oil for breading and baking
Health Benefits	Lower calorie option with reduced oil usage	Higher calorie option due to more oil usage
Convenience	Offers faster cooking time for quick and easy meals	Requires more time and preparation
Cleaning	Easy cleanup with non-stick surfaces and dishwasher-safe parts	Requires cleaning of baking sheets, racks, and oven
Flavor	Retains flavors of the dish while promoting a healthier cooking method	Provides a traditional taste with a longer cooking process



Using an air fryer for Chicken Parmesan allows for a quicker, healthier, and convenient cooking experience. It provides a crispy texture with reduced oil usage, resulting in a delicious and guilt-free dish. However, for those who prefer a more traditional taste and don't mind the longer cooking time, the oven-baked version can still be a delightful choice. Ultimately, the decision between the two methods comes down to personal preference and time constraints.

## **Chicken Parmesan Air Fryer Recipe: A Step Towards Healthy Eating**

### **Ingredients:**

- 4 boneless, skinless chicken breasts
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Fresh basil leaves (for garnish)

### **Instructions:**

1. Preheat the air fryer to 400°F (200°C).
2. In a shallow bowl, mix breadcrumbs, grated Parmesan cheese, Italian seasoning, garlic powder, salt, and black pepper.
3. Dip each chicken breast into the breadcrumb mixture, pressing it firmly to adhere to the chicken.
4. Place the breaded chicken breasts in a single layer in the air fryer basket, making sure they do not touch each other.
5. Cook the chicken in the air fryer for 10-12 minutes, or until the internal temperature reaches 165°F (74°C) and the chicken is golden brown and crispy.
6. Remove the chicken from the air fryer and spoon marinara sauce over each chicken breast.
7. Sprinkle shredded mozzarella cheese on top of the sauce.
8. Return the chicken to the air fryer and cook for an additional 2-3 minutes, or until the





cheese is melted and bubbly.

9. Remove the chicken from the air fryer and let it rest for a few minutes.
10. Garnish with fresh basil leaves and serve hot.

Enjoy this delicious, healthier version of Chicken Parmesan cooked in the air fryer. It provides a crispy coating with reduced oil usage, making it a guilt-free option for those conscious of their health.

## Conclusion

In conclusion, air fryers offer a convenient and healthier alternative to traditional frying methods, allowing you to enjoy delicious meals with less oil and fewer calories. This recipe for Air Fryer Chicken Parmesan showcases the versatility and efficiency of the air fryer, delivering a crispy and flavorful dish without sacrificing taste.

With its golden brown breading, tender chicken, and gooey melted cheese, this guilt-free version of Chicken Parmesan is sure to satisfy your cravings and become a favorite in your kitchen. So, give it a try and explore the possibilities of creating healthier and tastier meals with the help of your air fryer!

## FAQs

### **Q: Can I use frozen chicken for this recipe?**

A: It is recommended to use thawed chicken for optimal results. Cooking frozen chicken in the air fryer may result in uneven cooking and a less crispy coating.

### **Q: Can I use a different type of cheese for the Chicken Parmesan?**

A: Absolutely! While traditional Chicken Parmesan uses mozzarella cheese, you can experiment with different types of cheese like cheddar, provolone, or a combination of your favorites for a unique twist.

### **Q: Can I make this recipe gluten-free?**

A: Yes, you can! Simply substitute breadcrumbs with gluten-free breadcrumbs or crushed gluten-free crackers to make this recipe gluten-free.

### **Q: How do I clean the air fryer after cooking?**



A: The cleaning process varies depending on the model of your air fryer. Most air fryers have removable parts that can be washed with warm soapy water. Refer to the manufacturer's instructions for the specific cleaning guidelines for your air fryer.

**Q: Can I double the recipe to serve more people?**

A: Yes, you can easily double the recipe by increasing the number of chicken breasts and adjusting the cooking time accordingly. Make sure not to overcrowd the air fryer basket to ensure even cooking.

**Q: Can I use boneless chicken thighs instead of chicken breasts?**

A: Absolutely! Chicken thighs can be used as a delicious alternative to chicken breasts. Adjust the cooking time as needed, as thighs may require slightly longer cooking.

**Q: Are air fryers energy-efficient?**

A: Compared to traditional deep-frying methods, air fryers are generally more energy-efficient. They require less oil and cook food faster, which can contribute to energy savings.

**Q: Can I reheat leftovers in the air fryer?**

A: Yes, the air fryer is great for reheating leftovers, including the Chicken Parmesan. Simply preheat the air fryer, place the leftovers in the basket, and reheat at a temperature of around 325°F (165°C) until warmed through.

**Q: Can I use this recipe for other proteins, like fish or tofu?**

A: Absolutely! This recipe can be adapted for other proteins like fish or tofu. Adjust the cooking time and temperature according to the specific protein you are using.

**Q: Can I use this recipe with a different brand or model of the air fryer?**

A: Yes, this recipe can be adapted to work with different brands or models of air fryers. However, cooking times and temperature settings may vary, so it's best to follow the instructions specific to your air fryer for the best results.