

PROSCIUTTO-WRAPPED CHICKEN BREASTS

(from The Bewitching Kitchen)

3 chicken breasts, boneless and skinless

juice of a lemon

salt and pepper to taste

slices of prosciutto

spray of olive oil

Squirt a very small amount of lemon juice over the chicken breasts, season lightly with salt and pepper, rubbing the mixture all over.

Lay 2 slices of prosciutto overlapping slightly over a board, place one chicken breast over it and wrap the prosciutto around. Carefully place the meat in the air-fryer basket, with the seam side down. Repeat with all other pieces. Spray them with a little olive oil and air-fry at 400F (or as high as your machine goes) for 15 to 20 minutes, flipping the meat midway through. You can check the temperature with a probe thermometer if you prefer a little more precision, going for 160F. Allow it to sit at room temperature for a few minutes before slicing.