

AIR FRYER CHICKEN TENDERS

INGREDIENTS

- 3 lbs chicken tenders
- 1 tbsp. avocado oil
- 1/2 tbsp. lemon pepper
- 1.5 tbsp. garlic powder
- 1.5 tbsp. onion powder
- 1 tbsp. dried parsley
- 1.5 tbsp. smoked paprika
- 1/2 tsp. salt (optional)

PREPARATION

1. Preheat Air Fryer to 375°F.
2. Pat dry chicken tenders and toss with oil in a large bowl.
3. Combine the salt, smoked paprika, dried parsley, onion powder, garlic powder, lemon pepper and avocado oil in a small bowl.
4. Toss chicken with 1/2 of the seasoning mix and then rub each piece with the remaining seasonings when you transfer each piece to the air fryer. Leave space between your chicken tenders when arranging them in the air fryer.
5. Cook for 10-16 minutes and flip at 6 minutes in. Chicken is done when it reaches an internal temperature of 165°F.
6. Serve and enjoy!

