

AIR FRYER SAVORY CHICKEN TENDERS



SERVING SIZE

4



INGREDIENTS

ITEM

Approved Mayonnaise
Dijon Mustard
Lemon Juice (Optional)
Coconut Aminos
Italian Seasoning

QUANTITY

½ Cup
1 Tbsp.
1 Tbsp.
1 Tbsp.
1 Tsp.

ITEM

Sea Salt
Black Pepper
Cayenne Pepper
Boneless Chicken Tenders

QUANTITY

1½ Tsp.
½ Tsp.
¼ Tsp.
1½ Lb.



PREPARATION

- In a bowl, whisk together mayonnaise, Dijon mustard, lemon juice (if using), coconut aminos, Italian seasoning, sea salt, black pepper, and cayenne pepper.
- Add the chicken tenders to the bowl and mix until each piece is fully coated with the marinade.
- Let rest for at least 15 minutes (or refrigerate up to 2 hours for more flavor).
- Set the air fryer to 400°F (200°C)
- Place the chicken tenders in a single layer in the air fryer basket (work in batches if needed).
- Cook for 10-12 minutes, flipping halfway, until golden brown and cooked through.
- Serve hot with any dipping sauce of your choice. Enjoy!