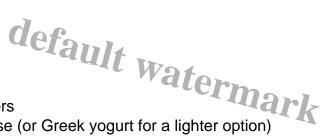


Air Fryer Crack Chicken Tenders

Description

Ingredients



- 1 lb. chicken tenders
- ½ cup mayonnaise (or Greek yogurt for a lighter option)
- ½ cup Parmesan cheese, grated
- 1 packet Ranch seasoning mix
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 cup Ritz crackers, crushed (or gluten-free crackers for a GF option)

Equipment

- Air fryer
- Mixing bowls
- · Measuring cups and spoons

Instructions

Step 1: Prepare the Air Fryer

- 1. Preheat your air fryer to 375°F (190°C) for 3â??5 minutes.
- 2. Lightly grease the air fryer basket or line it with parchment paper for easier cleanup.

Step 2: Prepare the Coating

- 1. In a mixing bowl, combine mayonnaise, Parmesan cheese, Ranch seasoning mix, garlic powder, and onion powder until smooth.
- 2. Place the crushed Ritz crackers in a separate shallow dish.

Step 3: Coat the Chicken Tenders

- 1. Coat each chicken tender in the mayo mixture, ensuring an even layer.
- 2. Dredge the coated tenders in the crushed Ritz crackers, pressing gently to ensure the coating sticks.

Step 4: Air Fry the Chicken Tenders

- Arrange the coated chicken tenders in a single layer in the air fryer basket, leaving space between them for proper airflow.
- 2. Air fry at 375A°F (190A°C) for 15a??18 minutes, flipping halfway through.
- 3. Check for doneness; the internal temperature should reach 165ŰF (74ŰC).

Step 5: Serve and Enjoy

- 1. Remove the tenders from the air fryer and let them cool slightly.
- 2. Serve warm with your favorite dipping sauce.

Notes

- Watermark • Extra Crispiness: Spray the tenders lightly with cooking spray before air frying for an even crispier finish.
- Storage: Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the air fryer for 2â??3 minutes to maintain crispiness.
- Substitutions: Swap mayonnaise with Greek yogurt or sour cream for a lighter version. Use gluten-free crackers if needed.

Amount Per Serving

• Calories: 310 kcal • Carbohydrates: 12 g

• Protein: 25 g • **Fat**: 19 g

• Cholesterol: 75 mg • **Sodium:** 520 mg

• **Sugar:** 1 g

Category

1. Air Fryer Recipes

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