



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 3-5 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

1. 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 **375°F (190°C)** for **15-18 minutes**, flipping halfway through.
3. Check for doneness; the internal temperature should reach **165°F (74°C)**.

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

- **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 2-3 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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