



# Ashley's Meal Prep Monday!



## Air Fried Chicken

### INGREDIENTS

- 4 6oz chicken breasts
- 1/3 cup oat milk yogurt
- 4 cloves garlic, minced
- 1 TBSP lemon juice
- 2 TSP paprika
- 1 TSP garlic powder
- 1/2 TSP onion powder
- 1/2 TSP oregano
- 1 TSP salt
- 1/2 TSP pepper



Pat the chicken breasts with a paper towel to remove excess moisture. Pound the thicker ends to even out the sides.

Place chicken in a bowl, add yogurt on top followed by all of the seasonings. Make sure the chicken is coated well and place in the fridge for at least half an hour to marinate.

Pre heat air fryer to 375. Arrange a single layer of chicken in the fryer basket with the smooth side down. Air fry for 8 minutes and then flip and air fry for 8 more minutes, or until cooked through, golden, and the temp of the chicken reaches 165. Let chicken rest for at least 5 minutes, then slice and serve.

**CARTWRIGHT'S**  
**MARKET**