



Ashley's Meal Prep Monday!



Chicken Strips

INGREDIENTS

- 1 pound chicken tenders
- 2 eggs, beaten
- 1 cup almond or oat flour
- 1/2 TSP paprika
- 1/2 TSP garlic powder
- 1/2 TSP salt/pepper
- 1/2 TSP celery salt
- 1/4 TSP onion powder
- 1/4 TSP ground mustard
- 1/4 TSP oregano
- 1/4 TSP baking powder
- Avocado oil or olive oil spray



Preheat air fryer to 400. Pat chicken tenders dry and set aside. Using a shallow bowl, beat eggs. In a separate shallow bowl, mix flour, spices and baking powder.

With each chicken tender, dip into the egg wash and then transfer to the flour mix and coat all sides.

Place chicken tenders into the air fryer basket, this will require two rounds of cooking. Spray the top of the chicken lightly with oil and set the timer for 12 minutes. Flip after 6 minutes and spray the other side lightly with oil.

While they're cooking, continue coating the remaining tenders and then repeat once chicken tenders are finished in the air fryer. Serve with your fav sauce!

RECIPE: WHOLEKITCHENSINK.COM

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MARKET