



Ashley's Meal Prep Monday!



Air Fried Chicken Thighs

INGREDIENTS

8 boneless/skinless chicken thighs (you can use bone-in, you'd just need to increase your cooking time)

1 lemon

1 TSP salt

1/4 TSP pepper

1 1/2 TSP garlic powder

1 1/2 TSP onion powder

1 TSP paprika

1 TSP oregano

1 TSP parsley

2 TSP coconut sugar



Pat chicken dry with a paper towel and squeeze lemon on each side. (You could also spritz with oil instead).

Combine all seasonings in a bowl and then rub over chicken thighs. Coat basket with spray and place thighs in the air fryer. I use parchment paper inserts and these are SO handy for easy clean up.

Air fry at 400, flipping halfway through, for 14-ish minutes, until an internal temp of 165 is reached. Let chicken thighs rest for a few minutes before enjoying.

CARTWRIGHT'S
MARKET