



# Ashley's Meal Prep Monday!



## *Air Fryer Chicken Thighs*

### INGREDIENTS

- 6 chicken thighs
- 1 lemon
- 1 TSP salt
- 1/4 TSP pepper
- 1 TSP garlic powder
- 1 TSP onion powder
- 1/2 TSP sweet paprika
- 1/2 TSP oregano

Season the chicken with the juice of 1/2 of the lemon. Mix spices and season the chicken on both sides. Rub the seasoning well all over the chicken and then transfer to the air fryer, skin side down if using thighs with skin.

If using bone-in/with skin, air fry for 12 minutes on each side at 400, (24 min. total) until golden and crispy and cooked through in the center - or until temp reaches at least 165.

I used boneless/skinless thighs for 10 minutes on each side, still at 400 and they came out perfect.



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

Recipe: [skinnytaste.com](http://skinnytaste.com)