

Air Fryer Crispy (Un)Fried Chicken Recipe



INGREDIENTS

½ cup all purpose flour
2 tbsp minced fresh parsley OR 2 tsp dried parsley, crumbled
½ tsp ground oregano
¼ tsp pepper
½ to 1 cup low-fat buttermilk
⅓ cup finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole wheat panko

PREPARATION

1. Preheat air fryer to 390° F.
2. In shallow dish or pie pan, whisk together flour, parsley, oregano, pepper and cayenne.
3. In separate shallow dish or pie pan, whisk together buttermilk and hot sauce. In third shallow dish or pie pan, stir together crispbread crumbs and Parmesan. Set dishes and a large plate in a row, assembly-line fashion. Dip chicken in the flour mixture then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Use your fingertips to gently press crumb mixture so it adheres to the chicken. Place chicken on the plate; cover and refrigerate for 30 minutes to 4 hours.

⅓ cup shredded or grated Parmesan cheese
4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to ¼-inch thickness, patted dry with paper towels
Cooking spray
¼ tsp cayenne OR ¼ tsp crushed red pepper flakes (optional)
½ tbsp red hot-pepper sauce (optional)

4. Lightly spray chicken with cooking spray. Arrange chicken in a single layer in air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 10 to 15 minutes, or until chicken is no longer pink in the center and top coating is golden brown, turning once halfway through and lightly spraying with cooking spray again.

TIP No buttermilk on hand? No worries. Whisk together 1 cup fat-free or low-fat milk with 1 tbsp lemon juice or white vinegar. Let stand for 5 minutes.

SERVINGS: 4

SERVING SIZE: 3 ounces

* Recipe from American Heart Association