

Air Fryer Parmesan Chicken Tenders

Ingredients

- 1 lb chicken tenders (or chicken breast cut into strips)
- 1 cup grated parmesan cheese
- 1 cup breadcrumbs (plain or Italian-style)
- 2 large eggs, beaten
- ½ cup all-purpose flour
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- Salt and pepper, to taste
- Cooking spray



Directions

1. Prepare three breading stations: seasoned flour, beaten eggs, and a mixture of breadcrumbs, parmesan, garlic powder, and paprika.
2. Coat each chicken tender by dipping it in the flour, then the egg, and finally the breadcrumb-parmesan mixture.
3. Preheat the air fryer to 400°F (200°C) for 3–5 minutes.
4. Spray the air fryer basket, arrange the tenders in a single layer, and lightly spray the tops. Cook for 10–12 minutes, flipping halfway through, until golden brown and the internal temperature reaches 165°F (74°C).
5. Let the tenders rest for a few minutes, then serve with your favorite dipping sauce.

Air Fryer Battered Chicken Tenders

Ingredients



- 1 ½ pounds chicken tenders
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 large egg
- ¾ cup milk
- Cooking spray or 2 tablespoons oil

Directions

1. Pat the chicken tenders dry with paper towels to help the batter stick and create a crispier coating.
2. In a bowl, whisk together flour, baking powder, paprika, garlic powder, onion powder, salt, and pepper. Add the egg and milk, then mix until smooth.
3. Dip each chicken tender into the batter, coating completely and allowing any excess batter to drip off.
4. Preheat the air fryer to 400°F (200°C) for 3–5 minutes.
5. Lightly spray the air fryer basket with cooking spray and arrange the battered tenders in a single layer, leaving space between them.
6. Spray the tops of the tenders lightly with oil and air fry for 8 minutes.
7. Flip the tenders, spray again if needed, and cook for an additional 6–8 minutes until golden brown and the internal temperature reaches 165°F (74°C).

Air Fryer Teriyaki Chicken Tenders

Ingredients

- 1 pound chicken tenders
- ½ cup teriyaki sauce
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon sesame seeds (optional)
- 2 green onions, thinly sliced (optional)



Directions

1. Pat dry the chicken tenders with paper towels.
2. Toss the chicken with olive oil, garlic powder, salt, and pepper until evenly coated.
3. Preheat the air fryer to 400°F (200°C) for 3–5 minutes.
4. Arrange the chicken in a single layer and air fry for 8–10 minutes, flipping halfway through.
5. Toss the cooked chicken with teriyaki sauce or brush the sauce on lightly.
6. Garnish with sesame seeds and sliced green onions, then serve immediately.

Air Fryer Lemon Pepper Chicken Tenders

Ingredients

- 1 lb chicken tenders
- 2 tsp lemon zest
- 1 tbsp lemon juice
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tbsp olive oil
- ½ tsp salt



Directions

1. Pat dry the chicken tenders with paper towels.
2. Mix lemon zest, lemon juice, black pepper, garlic powder, paprika, olive oil, and salt in a bowl.
3. Toss the chicken tenders in the seasoning mixture until evenly coated.
4. Preheat the air fryer to 400°F (200°C) for 3 minutes.
5. Arrange the tenders in a single layer in the basket.
6. Air fry for 10–12 minutes, flipping halfway through cooking.
7. Cook until golden brown and the internal temperature reaches 165°F (74°C).
8. Let the chicken rest for 2 minutes before serving.
9. Serve hot with your favorite dipping sauce, salad, or vegetables.

Air Fryer Coconut Chicken Tenders

Ingredients

- 1 lb (450 g) chicken tenders
- 1 cup unsweetened shredded coconut
- 1 cup panko breadcrumbs
- ½ cup all-purpose flour
- 2 large eggs, beaten
- ½ tsp salt
- ¼ tsp black pepper
- Cooking spray or a light brush of oil



Directions

1. Prepare the Coating – Place flour, beaten eggs, and a coconut-panko mixture in three separate bowls. Season the flour with salt and pepper.
2. Coat the Chicken – Dredge each chicken tender in flour, dip in the eggs, then coat thoroughly with the coconut-panko mixture.
3. Preheat the Air Fryer – Preheat the air fryer to 400°F (200°C) for 3–5 minutes.
4. Cook the Chicken – Arrange tenders in a single layer, spray lightly with cooking spray, and air-fry for 10–12 minutes, flipping halfway through, until golden brown and the internal temperature reaches 165°F (74°C).
5. Serve and Enjoy – Let the chicken rest for a few minutes, then serve with your favorite dipping sauce, such as mango chutney, sweet chili sauce, or honey mustard.