



Air Fryer Chicken Breast

Jazz up your weekly salads with this flavorful protein option, Air Fryer Chicken Breast!

Ingredients:

- Cooking spray (or rub on oil of choice, use about ¼ tbsp per chicken breast)
- 4 boneless skinless chicken breast, about 7-8oz each
- 1 tsp garlic powder
- 1 tsp salt
- ¼ tsp black pepper
- 1 tsp dried oregano (around 1/8 tsp per breast, and you can sub parsley, basil, thyme, etc.)

Directions:

- In a small bowl, mix the salt, pepper, garlic powder, and oregano together.
- Spray the chicken breasts on the presentation side (smooth side) with cooking spray of choice (we used avocado cooking spray, but olive oil spray has similar nutrition!)
- Sprinkle some of the seasoning blend on each chicken breast and use hands to pat and help the seasoning stick.
- Place the chicken breast, seasoned side down, in the air fryer.
- Spray the bare side, which is now facing up, and sprinkle on the remaining seasoning.
- Cook for 8 minutes (6 minutes if you have thin chicken breasts) on 360°.
- Flip over and cook until internal temperature reaches at least 165°, about another 6 to 8 minutes on 360° depending on the size of your chicken breast.
- Remove the basket from the air fryer and allow the chicken to rest for about 5 minutes before cutting into it. This lets the juices redistribute and helps the chicken be juicier.
- Serve and enjoy!

“You are powerful, brilliant and brave.”

