



Ranch Popcorn Chicken

This air-fryer recipe is low carb, low effort, and low calories. The only thing that won't be low is your level of satisfaction with this easy weeknight recipe.

Ingredients:

- ½ cup almond flour
- ¼ cup parmesan cheese
- ½ packet of ranch salad seasoning
- 1 lb. Chicken cut into bite sized pieces
- ¼ cup lite mayonnaise
- ½ tsp Dijon mustard

Directions:

- Mix the almond flour, parmesan cheese and ranch salad seasoning together in a bowl and set aside
- Take your pieces of chicken and mix in the lite mayonnaise and Dijon mustard.
- Dip the chicken in the seasoning mix then place in the air fryer in a single layer.
- Cook in the air fryer on 360°F degrees for 7 minutes
- Garnish with chopped chives
- If you don't have an air fryer, you can cook this in your oven by changing your temperature and cooking time. Simply bake the chicken at 400°F for 15-18 minutes depending on the size of the pieces.

“It's a beautiful day to go after your dreams!”

