

# Air Fryer Chicken Tenders



<https://www.skinnytaste.com/air-fryer-chicken-tenders/>

## Ingredients:

- 12 chicken tenders, (1 1/4 lbs)
- 2 large eggs, beaten
- 1 teaspoon kosher salt
- black pepper, to taste
- 1/2 cup seasoned breadcrumbs
- 1/2 cup seasoned panko
- olive oil spray
- lemon wedges, for serving

## Directions:

1. Season chicken with salt and pepper.
2. Place egg in a shallow bowl. In a second shallow bowl, combine the breadcrumbs and panko.
3. Dip chicken in the egg, then into the breadcrumb mixture and shake off excess and place on a large dish or cutting board. Spray both sides of the chicken generously with oil.
4. Preheat air fryer to 400F.
5. In batches, cook the chicken 5 to 6 minutes on each side, until the chicken is cooked through and crispy and golden on the outside. Serve with lemon wedges.