

Crispy Chicken Tenders in the Air Fryer

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My every first time using the air fry option on my Cuisinart toaster oven, and I have to say Am in love. There really is nothing better than fried chicken.

These parmesan and everything bagel seasoned, air fried chicken tenders are no exception. Delicious and guiltless these chicken tenders are baked to perfection using the air fry option on my Cuisinart toaster oven. If you don't have an air fryer NO problem use the oven fry method in the instructions.

Chicken tenders have always been one of my family's favorite food. It's one of those recipes I know I can make in no time and the whole family will love. They come together in less than 30 minutes, I serve them with crispy celery sticks, buffalo hot sauce, ranch dressing, and marinara sauce. They're perfect for Super Bowl Sundays, add a salad, some starch and you have an easy weeknight meal that's delicious enough for Saturday night dinner with friends.

Things to know about this Crispy Chicken Tenders in the Air Fryer

I used whole boneless, skinless, chicken breast and cut them,

you can use chicken tenders or boneless chicken thighs if that



fits your taste.

The everything bagel seasoning adds fantastic flavor when mixed with the breadcrumbs and Parmesan, but it can be quite salty, so use it sparingly. If you're air frying, spraying the chicken with cooking spray helps create an extra crispy crust—but it's optional.

These chicken tenders are just as delicious cold or at room temperature, making them perfect for next-day meals. Plus, they freeze well, so any leftovers can be stored for a quick, ready-made meal later.



They're air fried so you don't have to feel guilty about eating more than you planned, I don't.

In fact I eat one or two plain, right out of the oven, they can be addicting, and since I've discovered the awesomeness of air frying, for sure I'll be making them more often.



If you make this recipe please leave me a comment, and don't forget to tag me on Instagram..... that's my favorite part!!!!!! And if you love crispy chicken as much as i do try my crispy fried Buffalo chicken strips or crispy pan fried chicken cutlets

You said:

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Ingredients:

- 3 boneless, skinless chicken breasts (about 6 oz each), cut into large strips or chunks
- Salt and pepper, to taste

- 2 cups Italian-seasoned breadcrumbs
- 1 cup grated Parmesan cheese
- 2 tablespoons everything bagel seasoning
- 1 tablespoon each: chili powder, garlic powder, and Italian seasoning
- 2 eggs, slightly beaten
- $\frac{1}{4}$ cup milk
- 1 tablespoon hot sauce (plus more for dipping)
- Ranch dressing, for dipping

For the Hot Sauce:

- 1 stick ($\frac{1}{2}$ cup) butter
 - 1 cup hot sauce (preferably Frank's RedHot)
 - 1 tablespoon each: garlic powder, onion powder, and Italian seasoning
 - Parmesan cheese and chopped Italian parsley, for garnish
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Instructions:

1. Season chicken strips with salt and pepper.
2. In a shallow bowl, whisk together eggs, milk, and 1 tablespoon hot sauce.
3. In another bowl, combine breadcrumbs, Parmesan cheese, everything bagel seasoning, chili powder, garlic powder, and Italian seasoning.
4. Dip each chicken strip into the egg mixture, then coat

evenly with the breadcrumb mixture. Press lightly to adhere the coating.

5. **Air Fryer Method:** Preheat air fryer to 400°F. Place chicken strips in the basket in a single layer (work in batches if needed).

1. Air fry for about 15 minutes, turning halfway through, until golden brown and cooked through.

2. **Oven Method (if you don't have an air fryer):**

- Preheat oven to 400°F.
- Pour $\frac{1}{2}$ cup olive oil onto a large baking sheet and place it in the oven until the oil is hot and slightly smoking.
- Carefully arrange the chicken strips on the hot sheet.
- Bake for about 20 minutes, flipping once, until golden brown and crispy on both sides.

3. **Make the Hot Sauce:**

- In a small saucepan, melt the butter over low heat.
- Stir in hot sauce, garlic powder, onion powder, and Italian seasoning. Heat gently until warm and combined.

4. Drizzle or toss the chicken with the hot sauce, or serve it on the side for dipping. Garnish with grated Parmesan and chopped Italian parsley. Serve with ranch dressing for dipping.

