



SPICY GRILLED OR AIR-FRIED CHICKEN TENDERS

By Dr. Cindy Tanzar
(Standard/Maintenance)

These chicken fingers are loaded with a burst of flavor. It is so quick and easy, too. A squeeze of lime makes this recipe, adding a nice freshness and bright note to cut through the heavy spices. An approved ranch or honey mustard dressing would also go nicely as a dip. This recipe is also easily doubled for leftovers or as a family meal. Makes 6 servings. One serving of this recipe is 3 oz. and covers your protein for one meal.



INGREDIENTS

- 1.5 lbs chicken tenders (organic is best)
- 2 Tbsp avocado oil
- 1 Tbsp smoked or regular paprika
- 2 tsp. garlic powder
- 1.5 tsp. onion powder
- 1 tsp. dried rosemary



1/2 tsp. dried thyme
1/2 tsp. chili powder
1 tsp. Pink Himalayan salt
1 tsp. ground black pepper
Fresh lime or lemon to squeeze

INSTRUCTIONS

Pat the chicken fingers dry with a paper towel and place in a large bowl. Add the oil and mix well.

Combine all the spices (not lime) and then toss over the chicken, mixing until evenly coated.

TO GRILL:

Place chicken over a medium pre-heated grill. Cook 4-5 minutes on both sides or until cooked through (depends on size of tenders). Internal temperature should be 160°F.

Remove onto a platter and let sit for a few minutes, then squeeze fresh lime juice over them.

TO AIR FRY:

Preheat air fryer to 400°F. Place chicken in a single layer in the air fryer basket or rack.

Cook for 5 minutes, then turn them over with tongs. Cook another 3-5 minutes, depending on the size of the tenders. Internal temperature should be 160°F.

Remove onto a platter and let sit for a few minutes, then squeeze fresh lime juice over them.