

Buttermilk Air Fryer Chicken

Ingredients

- 1/3 cup low-fat buttermilk
- 1/4 tsp hot sauce
- 1 lb. boneless, skinless chicken breasts, (cut in half lengthwise to make 4 equal portions)
- 6 tbsp corn flakes
- 3 tbsp stone-ground cornmeal
- 1 tsp garlic powder
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp coarse-ground black pepper
- nonstick cooking spray

Directions

1. In a small bowl, stir together buttermilk and hot sauce. Place chicken in the buttermilk mixture. Allow to stand 15 minutes.
2. Place the cornflakes into the bowl of a food processor. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (No food processor? Crush the cornflakes in a plastic bag with a rolling pin.)
3. Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the coated chicken pieces on a wire rack.
4. Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (do not crowd the chicken; cook in batches if all the chicken doesn't fit). Set the temperature to 375°F and air fry for 7 minutes. Turn the chicken pieces. Air fry for an additional 7–10 minutes or until a meat thermometer inserted in the thickest parts registers 165 degrees.

Nutritional Facts

Nutrition Facts: 4 Servings, Serving Size 1 (4 oz) piece of chicken, Amount per serving: Calories 160, Total Fat 3.5g, Cholesterol 65mg, Sodium 190mg, Total Carbohydrate 7g, Dietary Fiber 1g, Protein 24g, Potassium 230mg.