



## Recipes

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### Air Fryer Southern-style Fried Chicken

**Serves:** 2 people

**Ingredients:**

- Low-fat buttermilk, 1/2 cup
- Mild Tabasco or hot sauce , 1 ½ -3 tsp
- 2 Boneless skinless chicken breasts (5-ounce each)
- ¼ cup All-purpose flour
- ½ tsp each Kosher salt, paprika, onion powder, poultry seasoning, garlic powder
- 1 egg
- ½ cup Cornflake crumbs
- PAM

**Directions:**

1. Stir together buttermilk, pepper sauce, garlic powder, and poultry seasoning in a measuring cup. Put chicken in large zip-lok bag; add buttermilk mixture. Squeeze the air out of bag and seal bag. Shake bag to coat chicken. Refrigerate for a minimum of 2 hours.
2. Mix together flour, paprika, onion powder, and 1/4 teaspoon salt in a flat pan. Beat egg in a bowl. Place crushed cornflakes in a separate flat pan. Drain chicken and discard buttermilk. Sprinkle chicken with remaining 1/4 teaspoon salt. Dredge chicken in flour mixture, then dip in egg, shaking excess off. Roll chicken in cornflakes making sure you coat all sides. on all sides. Spray PAM lightly all over chicken.
3. Preheat 6- to 8-quart air fryer to 350°F or 360°F for 3 minutes. Spray bottom and side of basket with PAM. Arrange chicken in basket. Air fry 5 minutes. Turn breasts trying not to disturb any coating. Air fry for 5 more minutes until chicken is golden and crispy and instant-read thermometer inserted into chicken registers 165°F. Serve with hot sauce.