

Air Fryer Chicken Bites

Servings 3 to 4; 30 minutes

PREPARE

• Cut chicken into similar-sized cubes, about 1 inch.

• Season chicken and toss with olive oil.

• Allow space between chicken pieces. Cook in batches if needed.

Air fryer liners cut down on clean-up

COOK

Set air fryer to 375 degrees for 12 minutes. Cook chicken 6 minutes, then turn.

• After turning chicken, brush with sauce if desired for the final half of cooking.

FINISH

Cook chicken another 6 minutes or until cooked completely through. Remove and let rest a few minutes before serving.

Illustration by Justin Gilbert | For The Journal Gazette

2 boneless **chicken breasts** (1 to 1¼ pound)

Season

BASE SEASONINGS

← 2 tablespoons **olive oil**

← **Salt and pepper** to taste

Extra heat

For more heat, add ½ teaspoon cayenne pepper to the base seasoning.

More seasonings

For an additional layer of flavor, add 1 tablespoon of your favorite spices or favorite seasoning mix.

Sauce

Apply a sauce after turning if desired, a few suggestions:

½ cup **barbecue sauce**

½ cup **buffalo sauce**

½ cup **Italian dressing**

6
12 minutes total cooking

6

WRAPS AND SALADS

Boneless chicken bites can be eaten by themselves, but also work well in wraps and salads.

