

AIR FRY

EASY PEASY CHICKEN WINGS BONELESS

- 1 lb. Boneless Skinless Chicken diced into 1 inch pieces
- 2 Eggs
- 1 Cup All-Purpose Flour
- 1 tsp Salt
- 1/2 tsp Pepper

Optional Flavors (3 different variations):

- 1/2 Cup Honey BBQ Sauce
- 1 Packet of Garlic Parmesan Seasoning
- 1/2 tsp each Cayenne Pepper, Garlic Powder, Paprika/ 1/2 cup Buffalo Sauce

Directions:

1. Place the chicken pieces in a shallow bowl. Add Whisked Eggs to the chicken and coat them thoroughly.
2. In a large ziplock bag, mix together the flour, desired seasonings, salt, and pepper.
3. Place chicken pieces into the flour mixture. Shake the bag to thoroughly coat the chicken.
4. Preheat Air Fryer to 370 degrees F. Spray air fryer basket with olive oil. Place the chicken into the basket.
5. Cook for 5 minutes, flip the chicken and cook for 7 more minutes or until chicken is cooked through.

- **Garlic Parmesan** - Add this seasoning to the Flour mixture. Bake as noted above. Serve with favorite dipping sauces.
- **Honey BBQ** - Once wings are cooked, place into a large bowl, pour sauce on top and toss to coat. Serve with favorite dipping sauces.
- **Buffalo Sauce** - Add Cayenne, Garlic Powder, and Paprika into the flour mixture. Once wings are cooked, place into a large bowl and pour sauce on top and toss to coat. Serve with favorite dipping sauces.

EASY TO
CUSTOMIZE