



Air-Fryer Mexican Chicken Tenders & Avocado Sauce



1/2 of recipe (about 6 pieces of chicken with 2 tbsp. dip): 262 calories, 9.5g total fat (1.5g sat. fat), 367mg sodium, 13.5g carbs, 2.5g fiber, 1g sugars, 29.5g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

Chicken

1 oz. tortilla chips, crushed (baked, if available)
1 tsp. taco seasoning
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
2 tbsp. taco sauce
8 oz. raw boneless skinless chicken breast, sliced into strips
Optional topping: chopped fresh cilantro

Dip

1 1/2 oz. (about 3 tbsp.) mashed avocado
2 tbsp. fat-free plain Greek yogurt
Dash salt

Directions

In a wide bowl, mix crushed chips with taco seasoning.

In another wide bowl, mix egg with taco sauce. Add chicken, and flip to coat.

Shake chicken strips to remove excess egg, and place on a cutting board or plate. Top with seasoned chips, and press to adhere.

Spray [air fryer](#) basket with nonstick spray. Place chicken strips in the basket in a single layer. (Save any remaining strips for a second batch.)

Set air fryer to 392 degrees. Cook about 10 minutes, until cooked through and crispy.

Meanwhile, in a small bowl, combine dip ingredients, and stir until uniform.

MAKES 2 SERVINGS

HG FYI: Our air fryer only goes to 392 degrees. Depending on your air fryer model, you can set to 392 or 400 degrees.

Oven Alternative: Bake at 375 degrees until golden brown, 16 - 18 minutes, flipping halfway through.

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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