

# Chicken Tenders and Potatoes

## **CHICKEN INGREDIENTS**

- 2 pounds skinless, boneless chicken tenderloins
- A 24 ounces package of mini potatoes (Yukon or Baby Gold)
- 1 Tbsp olive oil
- 1 tsp salt or garlic salt
- 1 Tbsp seasoning blend (such garlic parsley)

## **VEGETABLES INGREDIENTS**

- 1 package of mini potatoes (Yukon or Baby Gold)
- 2 bell peppers - red and/or yellow
- 1 Medium White Onion
- 1 Tbsp olive oil
- 1 Tbsp seasoning blend (such as Ms. Dash or Old Bay)

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## **VEGETABLES DIRECTIONS**

- Coat the tenders with olive oil (or a substitute oil)
- Season the tenders with salt and seasoning, toss to coat
- Place chicken tenders in air fryer basket
- Arrange chicken so that they are not touching each other (may need to cook the chicken in batches)
- Cook in air fryer at 350 degrees for 12 minutes

## **POTATOES DIRECTIONS**

- Cut the potatoes into quarters (cut into 4 equal parts)
- Season the potatoes with oil and seasoning, toss to coat
- Cut onion and peppers into short thin strips
- Place potatoes in air fryer basket and cook at 350 degrees for 6 minutes
- Remove basket and add onions and peppers on top of potatoes
- Cook vegetables for another 6 minutes at 350 degrees

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## **NOTES**

- Olive oil can be substituted with vegetable oil, melted butter or canola oil
- Toss chicken by hand in a bowl or by putting chicken and seasoning into a plastic bag
- If using thicker pieces of chicken, cook for 20 minutes
- Always check the thickest part of the chicken to confirm that is it fully cooked
- Fully cooked chicken should not be pink inside
- Peppers can be substituted with other garden vegetables

