**Carol’s Low Carb Air Fryer Chicken Tenders**

I have to admit, I’ve been missing my breaded chicken a little bit since taking the plunge into living on the lower-carb side. I didn’t realize it until I made this week’s Quick Family Recipe! I don’t know about you, but I find it therapeutic to walk the aisles at the grocery store! No, just me? :)

While walking through the aisles of Trader Joe’s, I found ground almond meal by the almond flour (which I was specifically looking for to try to make low carb waffles in the near future! :) ), and the almond meal caught my attention. It’s just ground almonds...which you can make in the food processor by hitting pulse a few times. It made me think about making breaded chicken and that made me so happy!

Therese from [Z88.3 Weekends](https://www.facebook.com/Z88.3Weekends/) was getting rid of her air fryer, so she let me borrow it! It was interesting to use. The chicken turned out perfectly and I can see why everyone loves it so much!

If you don’t have an air fryer, you can put a cooling rack on a baking sheet. You can cook your chicken in the oven on 425 for about 15-16 minutes, flipping halfway in between. It’s ready when it’s golden brown.

Let’s get air frying together...

**Ingredients:**

* 4-6 Chicken Cutlets
* 4 Eggs
* Salt and pepper
* 1/2 Cup of Bread Crumbs or Ground Almonds (Low Carb Option)

**How to Make:**

* Preheat your air fryer to 330 degrees Fahrenheit.
* Take a fork and scramble eggs. Add your seasoning and combine.
* To make ground almonds throw them into your food processor. I also found a pre-ground almond meal at Trader Joe’s that made my life easier. You can add your seasoning to the almonds, too since they will be unseasoned. If you use breadcrumbs, they are usually seasoned already, no no need to add extra salt and pepper.
* Dip chicken cutlets into egg wash and then into the bread crumbs.
* Spray your air fryer basket with cooking spray and then also spray your chicken on both sides with cooking spray. This will help your chicken not to stick to your air fryer.
* Cook in your air fryer basket for 10-12 minutes to make perfectly crispy and browned chicken tenders. The ground almond coating definitely took the full 12 minutes.
* Serve with your favorite side dishes and enjoy! :)

Ellis loves that this dish was low carb and never thought about using ground nuts as your breading! We’d love to see your family enjoying this recipe, too. You can share all your pictures with us on the [Z88.3 Mornings Facebook Page.](https://www.facebook.com/Z88.3Mornings)

Carol Ellingson
Z88.3’s Resident Foodie
Originally posted on [**Carolbake.com**](http://carolbake.com/)