

Air Fryer Chicken Breast

INGREDIENTS

- **4 small chicken breasts**
- **1 TBS olive oil**
- **1 tsp paprika**
- **1 tsp onion powder**
- **1 tsp garlic powder**
- **1 tsp coarse salt**
- **1 tsp pepper**
- Fresh Parmesan (for optional topping)

DIRECTIONS

1. Preheat the air fryer to 400F.
2. Pat dry the chicken breasts then add them into a bowl and rub the oil generously over them all.
3. Add the smoked paprika, onion powder, garlic powder, and salt in a bowl, then rub on both sides of the chicken breast fillets.
4. Place the chicken breasts in the air fryer basket and cook for 4-5 minutes, flip, and cook for another 4 minutes, or until the chicken reaches an internal temperature of 165F.
5. Remove the chicken from the air fryer basket and serve immediately.
6. Top with fresh parmesan if desired.