

Air Fryer Chicken Thighs

- 1-pound boneless chicken thighs
- 1 Tablespoon olive oil
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes



1. Pat the chicken dry and place on plate, brush with olive oil and set aside.
2. Stir together the garlic powder, paprika, onion powder, salt, pepper and red pepper flakes.
3. Sprinkle 1/2 the spice mixture on one side of the chicken, turn chicken over and sprinkle the rest on the other side.
4. Place in air fryer and cook at 375° for 10 minutes. When timer dings, turn chicken over and cook another 7-8 minutes.

Pairs well atop a salad, with rice or your favorite vegetable. Refrigerate any leftovers.