



Chicken Tenders Air Fryer No Breading is a quick and healthy way to enjoy crispy, flavorful chicken without the extra calories and fat from traditional breading. Using the air fryer, you can achieve a perfectly crispy texture on the outside while keeping the [chicken juicy](#) and tender on the inside.

This simple recipe eliminates the need for breading, making it a great option for anyone looking for a lighter, lower-carb version of their favorite comfort food. Whether you're cooking fresh or frozen chicken tenders, the air fryer makes the process easy, quick, and hassle-free. In this guide, we'll walk you through the steps to prepare these delicious chicken tenders with minimal ingredients and maximum flavor!

## Why Choose Air Fryer for Cooking Chicken Tenders Without Breading?

The air fryer is a game-changer in modern kitchens. Here's why it's the ideal choice for cooking chicken tenders without breading:

### 1. Health Benefits

- The air fryer requires little to no oil, reducing overall fat content.
- Cooking without breading eliminates extra carbs and calories, making it perfect for health-conscious individuals.

### 2. Efficiency and Convenience

- Air fryers heat quickly, shortening the cooking time.
- They require minimal cleanup compared to traditional frying methods.

### 3. Taste and Texture

- Achieves a crispy exterior and juicy interior, even without breading.
- Enhances the natural flavors of the chicken with minimal seasoning.

Whether you're making dinner for the family or preparing a quick snack, the air fryer delivers consistent and delicious results every time.

## How to Cook Boneless Skinless Chicken Tenders in an Air Fryer Without Breading

Cooking boneless skinless chicken tenders in an air fryer without breading is simple and customizable. You can use your favorite spices to create a flavor profile that suits your taste



buds.

### **Ingredients:**

- 1 lb boneless skinless chicken tenders
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper

### **Instructions:**

#### **1. Preparation**

- Rinse the chicken tenders under cold water and pat dry with a paper towel.
- Combine olive oil, garlic powder, paprika, salt, and pepper in a bowl.

#### **2. Seasoning**

- Toss the chicken tenders in the seasoning mixture until they are evenly coated.

#### **3. Air Frying**

- Preheat your air fryer to 400°F (200°C).
- Arrange the chicken tenders in a single layer in the air fryer basket to ensure even cooking.
- Cook for 8-10 minutes, flipping halfway through for a crispy, golden finish.

#### **4. Final Check**

- Use a meat thermometer to check that the internal temperature has reached 165°F (74°C).
- Serve immediately with your favorite dipping sauce.

## **Frozen Chicken Tenders Air Fryer No Breading: Quick and Easy Guide**

Using frozen chicken tenders is a convenient way to prepare a quick meal. No thawing is necessary, which saves time without compromising taste or texture.

### **Steps for Cooking Frozen Chicken Tenders:**

1. Preheat your air fryer to 375°F (190°C).
2. Place the frozen chicken tenders directly into the air fryer basket. Avoid overcrowding



to allow proper air circulation.

3. Cook for 10-12 minutes, flipping halfway through.
4. Lightly season with salt, pepper, or your favorite spices after cooking.

**Pro Tip:**

For extra flavor, brush the frozen tenders with a marinade or sauce during the last few minutes of cooking.

## **Step-by-Step Instructions for Cooking Raw Chicken Tenders in an Air Fryer**

Cooking raw chicken tenders in an air fryer allows you to control every aspect of the preparation process, from seasoning to cooking time.

**Instructions:**

**1. Prepare the Chicken**

- Remove any excess fat or tendons from the chicken tenders.
- Pat dry with a paper towel to remove moisture, ensuring a crispy finish.

**2. Season Generously**

- Mix your favorite spices, such as smoked paprika, garlic powder, or Italian seasoning, and rub them onto the chicken.

**3. Air Fry**

- Preheat the air fryer to 400°F (200°C).
- Place the chicken tenders in a single layer and cook for 10-12 minutes, flipping halfway through.

**4. Check Doneness**

- Use a meat thermometer to confirm an internal temperature of 165°F.

## **How Long to Cook Chicken Tenders in an Air Fryer for Perfect Results**

Cooking time varies depending on the size and thickness of the chicken tenders.

**General Guidelines:**

- **Fresh Chicken Tenders:** 8-10 minutes at 400°F (200°C).



- **Frozen Chicken Tenders:** 10-12 minutes at 375°F (190°C).

### **Tips for Perfect Timing:**

- Always preheat the air fryer to ensure consistent cooking.
- Flip the tenders halfway through to promote even browning.
- Use a meat thermometer for accuracy, as overcooking can lead to dryness.

## **Cooking Chicken Tenders in an Air Fryer at 400°F: Timing and Tips**

Cooking chicken tenders at 400°F provides the perfect balance of crispiness and juiciness.

### **Tips for Success:**

1. **Single Layer Cooking:** Avoid stacking the tenders to ensure even air circulation.
2. **Oil Spray:** Lightly spray the chicken with oil to enhance the crispiness.
3. **Flip Midway:** Turn the tenders halfway through cooking for a uniform texture.

## **Air Fryer Chicken Tenders Without Egg: Perfect for Allergies or Preferences**

Egg-free chicken tenders are an excellent option for individuals with allergies or dietary restrictions.

### **Substitutes for Egg Wash:**

1. Olive oil or melted butter to help spices stick.
2. A mixture of water and cornstarch for a light coating.
3. Dairy-free options like almond or oat milk.

These alternatives retain the moisture of the chicken while ensuring a delicious flavor.

## **Chicken Tenders Air Fryer No Breading Ninja Foodi Recipe**

The Ninja Foodi is a versatile kitchen appliance that excels at air frying, offering perfectly cooked chicken tenders with minimal effort. Here's a detailed step-by-step guide to making chicken tenders in a Ninja Foodi without breading:



## **Ingredients:**

- 1 lb boneless, skinless chicken tenders
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

## **Step 1: Prepare the Chicken Tenders**

### **1. Clean the Chicken**

- Rinse the chicken tenders under cold water and pat them dry with a paper towel. This ensures that the seasoning sticks well and the chicken gets a crispy exterior.

### **2. Trim the Tenders**

- If necessary, remove any excess fat or tendons from the chicken tenders using a sharp knife.

## **Step 2: Season the Chicken**

### **1. Mix the Spices**

- In a small bowl, combine the garlic powder, smoked paprika, onion powder, salt, and black pepper.

### **2. Coat the Chicken**

- Place the chicken tenders in a mixing bowl. Drizzle olive oil over them and toss to coat.
- Sprinkle the spice mixture evenly over the tenders and toss again until they are well-seasoned.

## **Step 3: Preheat the Ninja Foodi**

### **1. Set the Temperature**

- Turn on your Ninja Foodi and select the air fryer function.
- Preheat to 390°F (200°C) for about 3-5 minutes. Preheating ensures even cooking and crispiness.



#### **Step 4: Arrange the Chicken in the Basket**

##### **1. Single Layer Arrangement**

- Place the seasoned chicken tenders in the air fryer basket.
- Ensure they are in a single layer and not overlapping to allow proper air circulation for even cooking.

##### **2. Optional: Add a Light Oil Spray**

- If you prefer extra crispiness, lightly spray the tenders with a high-heat cooking spray, like avocado oil.

#### **Step 5: Cook the Chicken Tenders**

##### **1. Set the Cooking Time**

- Close the Ninja Foodi lid and set the timer for 10 minutes.
- Halfway through cooking (after about 5 minutes), open the lid and flip the chicken tenders to ensure both sides cook evenly.

##### **2. Monitor Progress**

- Use the built-in window (if available) to check on the chicken's progress. If you notice any uneven browning, adjust the tenders' placement.

#### **Step 6: Check for Doneness**

##### **1. Use a Meat Thermometer**

- After the cooking cycle is complete, check the internal temperature of the thickest part of a tender using a meat thermometer. It should read **165°F (74°C)**.

##### **2. Adjust Time if Necessary**

- If the tenders haven't reached the safe internal temperature, cook for an additional 1-2 minutes, checking frequently.

#### **Step 7: Serve and Enjoy**

##### **1. Remove the Tenders**

- Carefully remove the chicken tenders from the air fryer basket using tongs. Let them rest for a couple of minutes to retain their juices.

##### **2. Serve Hot**

- Pair the tenders with your favorite sides or dipping sauces, such as honey mustard, ranch dressing, or barbecue sauce.



## Alternative Coatings for Air Fryer Chicken Tenders Without Breading

If you're looking for creative alternatives to breading, try these ideas:

- **Parmesan Cheese:** For a rich, cheesy crust.
- **Almond Flour:** A low-carb option that adds a nutty flavor.
- **Coconut Flakes:** Perfect for a sweet, tropical twist.

## Health Benefits of Cooking Chicken Tenders Without Breading

Cooking without breading reduces:

- **Calories:** Making it ideal for weight management.
- **Carbs:** Perfect for low-carb or keto diets.
- **Unhealthy fats:** Ensuring a heart-healthy meal.

This method also highlights the natural flavor of the chicken, allowing you to enjoy a clean and wholesome dish.

## Conclusion

Cooking chicken tenders in an air fryer without breading is a simple, healthy, and delicious way to enjoy this popular dish. Whether you're using fresh or frozen tenders, the air fryer ensures perfectly cooked, juicy chicken with a crispy exterior, all while cutting down on calories and fat. By experimenting with seasonings, marinades, and creative alternatives to breading, you can tailor this dish to suit your taste and dietary preferences.

This method is ideal for busy weeknights, quick snacks, or meal prep, offering a versatile option for anyone looking to eat healthier without compromising flavor. With the tips and techniques outlined in this guide, you're well on your way to mastering air-fried chicken tenders that are sure to impress family and friends. So, fire up your air fryer and enjoy this guilt-free comfort food!

## FAQs

### Can I marinate chicken tenders before air frying?

Absolutely! Marinating adds depth of flavor. Just ensure the tenders are patted dry before placing them in the air fryer.



**What dipping sauces go well with chicken tenders?**

Popular options include honey mustard, barbecue sauce, ranch dressing, and spicy aioli.

**How can I make the chicken tenders extra crispy?**

Use a light coat of oil spray, cook at a high temperature, and avoid overcrowding the basket.