



Air Fryer Buffalo Chicken Not Wings

Recipe By UNICOI PRESERVES

SERVES: 3-4

INGREDIENTS:

- ☐ 2 lbs. Harvest Farms boneless, skinless chicken thighs
- ☐ 8 oz. air fry spicy chicken seasoned coating mix
- ☐ 1 egg
- ☐ 1 tbsp. water
- ☐ Laura Lynn nonstick cooking spray
- ☐ 1 (12 oz.) bottle of your favorite buffalo wing sauce
- ☐ carrot and celery sticks, for garnish

DIRECTIONS:

- ☐ 1. Preheat air fryer at 400°F for 5-10 minutes while you prep the chicken.
- ☐ 2. Cut each chicken thigh in three similar size pieces.
- ☐ 3. Whisk egg and water together in a shallow bowl. Add seasoning mix to a separate shallow bowl.
- ☐ 4. Moisten each chicken piece in egg wash, then coat chicken with coating mix, pressing lightly to ensure maximum coverage.
- ☐ 5. Spray preheated air fryer basket with nonstick cooking spray, then place chicken pieces in a single layer in the basket. Depending on the size of your air fryer, you may have to cook in batches. Air fry 10 to 15 minutes, until crispy, turning chicken over halfway through cooking time.
- ☐ 6. While chicken is cooking, make the ranch dip (recipe below).
- ☐ 7. Remove cooked chicken, place into large bowl, and toss with as much Buffalo sauce as you like.
- ☐ 8. Serve chicken not wings with carrots, celery, ranch dip, and plenty of napkins.

Cooking in batches? After chicken is cooked, transfer to a wire rack on a baking sheet, and hold in a preheated 200°F oven.

EASY RANCH DIP:

- ☐ 2 cups Laura Lynn Greek plain nonfat yogurt
- ☐ 1 oz. package Laura Lynn ranch dip mix

DIRECTIONS:

- ☐ 1. In a small bowl, mix the dip ingredients together.

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