Air-Fryer Chicken Thighs

Ingredients (makes 4 servings):

- 4 skinless boneless chicken thighs
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- ½ teaspoon ground black pepper

Instructions:

1. **Gather all ingredients.**
2. **Preheat an air fryer to 400 degrees F (200 degrees C)., according to the manufacturer's instructions.**
3. **Pat chicken thighs dry with a paper towel; brush skins with olive oil. Place chicken thighs, skin-side down, in a single layer on a plate.**
4. **Combine smoked paprika, garlic powder, and black pepper in a bowl. Sprinkle ½ evenly over thighs. Flip thighs over; evenly sprinkle with remaining ½ seasoning mixture.**
5. **Place thighs skin-side up, in a single layer in the air fryer basket. Cook in the preheated air fryer until thighs are brown and the juices run clear, about 18 minutes. An instant-read thermometer inserted into the centers should read at least 165 degrees F (74 degrees C). Then, serve and enjoy!**

Cooking Tip:

1. The spice rub can also be used on pork. The prepared chicken could be grilled instead of air-fried.
2. Cumin and cayenne pepper can be added.

Nutrition Tip: To reduce fat, remove the skin. Grab and pull. Air-frying reduces the amount of fat needed as well.

Substitution: Substitute Italian seasoning for the smoked paprika.

Nutrition Facts

Servings: 1 Calories: 210 Sodium: 200mg Fat: 11g Saturated Fat: 2g
Protein: 28g Sugar: 0g Carbs: 1.5g

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