

Cajun Chicken – Adapted from the Taste of Home magazine, original recipe submitted by Carrina Cooper

6 servings

1 Tbsp all-purpose flour
1 tsp poultry seasoning
 $\frac{3}{4}$ teaspoon garlic salt
 $\frac{1}{2}$ tsp paprika
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{8}$ – $\frac{1}{4}$ tsp cayenne pepper
1 $\frac{1}{2}$ pound of boneless skinless chicken (we use chicken tenderloins or breasts cut into strips)
2 Tbsp butter (if skillet frying) or Cooking spray (if air frying)

Directions:

Mix the spices. We usually mix up several batches and keep in a container. Coat the chicken in the spice mixture. If cooking in a skillet, add the butter to skillet and cook on both sides until done. If using the air fryer, preheat the air fryer, and spritz both sides with cooking spray. Cook for 20 minutes, flipping halfway through. We serve with salad and microwaved sweet potatoes.



Shopping List – Cajun Chicken

- All-purpose flour
- Poultry seasoning
- Garlic salt
- Paprika
- Pepper
- Cayenne pepper
- 1 ½ pound of boneless skinless chicken (we use chicken tenderloins
or breasts cut into strips)
- Butter (if skillet frying) or Cooking spray (if air frying)
- Sweet potato and salad stuff for side dishes