

## Perfectly Juicy Air Fryer Chicken Breast - Easy & Healthy

Busy weeknights call for low-effort, high-reward meals-and this



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 3 skinless, boneless chicken breasts (about 1.5 lbs)
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder

### DIRECTIONS

1. ? 1. Prep the Chicken: Pat chicken breasts completely dry with paper towels.
2. Brush or rub oil evenly over all sides.
3. Mix the salt, pepper, : Italian seasoning, paprika, and garlic powder in a small bowl.
4. Rub the seasoning mix evenly onto the chicken or shake everything in a large Ziploc bag.
5. Let the seasoned chicken sit for 15 minutes, or refrigerate overnight for deeper flavor.
6. ? 2. Air Fry to Perfection: Preheat your air fryer to 375°F.
7. Place chicken breasts in a single layer in the basket-don't overlap!
8. Cook for 22-25 minutes, flipping halfway through.
9. Use a meat thermometer to ensure internal temp hits 165°F at the thickest part.
10. Let chicken rest in the air fryer for 5-10 minutes before slicing.

### SWAPS & NOTES

& Swaps Oil: Vegetable oil helps the seasonings stick and promotes browning.

You can swap for olive oil, avocado oil, or spray-on oil.

Seasoning: Italian seasoning is flexible.

Try taco seasoning, Cajun blends, or lemon pepper for variety.

### TIPS FOR SUCCESS

This helps the oil and seasoning stick better and ensures a nice outer sear.

It's the key to avoiding dry chicken.

Resting lets juices redistribute, so the chicken stays juicy when sliced.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/perfectly-juicy-air-fryer-chicken-breast-easy-healthy/>