# Air Fryer

## Air Fryer Chicken – No Breading

<https://www.youtube.com/watch?v=eGlRXgVPypA>

Spices:

2 Teaspoons Salt

2 Teaspoons Garlic Powder

2 Teaspoon Onion Powder

2 Teaspoons Italian Seasoning

1 Teaspoon Black Pepper

1 Teaspoon Paprika

Olive Oil to coat Chicken

Directions: Put Chicken in a Bowl after it has been pat dry. Coat with Olive oil and let sit in Bowl for 10 minutes in Fridge. After 10 minutes place into Air Fryer basket with Skin side up. Set Air Fryer to 400 degrees for 25 minutes.

## Fried Chicken

<https://www.youtube.com/watch?v=UBzCyw0Ne_M>

## Salmon

<https://www.youtube.com/watch?v=c7Y7qiZxiGw>

2020/10/21 – Rubbed Olive oil on front and back of fish. Seasoned with Garlic Powder, Pepper, Cayenne, Pepper flakes, Thyme and Chives. Melt some butter/Lemon next time to have to when it’s finished.