

# Health Tip of the Month

## Frying with Air!

### A Healthier Alternative in Frying

#### What is it? How does it work?

The air fryer is a kitchen appliance, that fries foods by circulating hot air at high speeds, requiring no oil or one tablespoon at most. Foods that are usually deep fried can be air fried, such as: French fries, chicken, and onion rings and more!



#### How does it differ from other methods of frying?

Deep frying foods require 1 to 4 quarts of oil. Air frying only needs a tablespoon or no added oil at all. This means less amounts of fat!

Compared to an oven fryer, the air fryer is more compact. An air fryer cooks food in less time, due to higher temperatures reached, and its easier to clean, making it more convenient!

Air fryers can cost as low as \$50 to \$80, compared to ovens which cost thousands!

## Crispy Buttermilk Chicken Tenders

4 Servings

### Ingredients

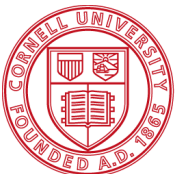
- 2 pounds chicken tenders, 99% fat free
- 1 cup buttermilk
- 1 cup all purpose flour
- 1 tablespoon olive oil



### Directions

1. Soak chicken tenders in buttermilk for 1 hour.
2. Preheat air fryer to 400° F.
3. Coat the chicken tenders with flour.
4. Place tenders in the air fryer and lightly drizzle with olive oil.
5. Fry for 15 mins flipping the chicken half way through.

**Season with spices as you prefer and enjoy!**



Cornell University  
Cooperative Extension  
New York City

Worksite Wellness Initiative: by Danny Chen, Dietetic Intern  
Priority Nutrition Care 83: 09/17  
More Health Tips? visit <http://nyc.cce.cornell.edu>