

## Air Fryer Chicken Dijon

½ cup Dijon mustard  
¼ cup agave or honey  
1 tbs. rice wine vinegar  
1/8 tsp. garlic powder  
1/4 tsp. onion powder  
½ tsp. Kosher salt  
1/8 tsp. black pepper  
3 large boneless, skinless chicken breasts (about 1.75 lbs.)

Whisk together all the ingredients minus the chicken in a large bowl. Place chicken breasts in the mixture, turning to coat both sides. Cover the bowl with plastic wrap and marinate the chicken breasts in the refrigerator for at least 3 hours and up to 10.

Preheat the air fryer to 400. Spray the basket with cooking spray to prevent sticking. Place the chicken breasts in a single layer in the air fryer basket. Cook at 400 for 10 minutes. Flip the chicken breasts, then cook at 400 for an additional 10 minutes. Then, allow to rest in the air fryer for 5 minutes.

Oven Option:

Marinate chicken as above and place in a baking dish coated with cooking spray. Bake at 375 for 30 minutes, until cooked through.



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