

## Air Fryer Turkey Tenderloin



### Ingredients

- 1 package (1.5 lb) turkey tenderloins
- 2 tsp olive oil
- 1 tsp garlic powder
- 1/2 tsp thyme
- 1/2 tsp rosemary
- 1/2 tsp paprika
- 1/4 tsp sage
- 1/8-1/2 tsp salt
- 1/4 tsp black pepper

### Preparation

1. Preheat air fryer to 350° F.
2. Rinse the turkey tenderloins and pat them dry with a paper towel. Brush them on both sides with oil.
3. Make the spice rub by mixing the garlic powder, thyme, rosemary, paprika, sage, salt, and pepper together in a bowl.
4. Sprinkle the spice rub on both sides of the turkey, covering the entire surface.
5. Brush or spray the air fryer basket with a little oil. Put the turkey tenderloins in the basket in a single layer. Depending on the size of your air fryer, you may need to cook them in batches.
6. Cook 25-28 minutes, until the turkey reaches an internal temperature of 165° F. Flip the turkey halfway through cooking.
7. Remove the turkey from the air fryer and let it rest for 5 minutes before serving.

### Notes

1. If you don't have an air fryer, you can make this dish in the oven. Simply roast the turkey tenderloin in the oven for 30-35 minutes at 375° F until it reaches an internal temperature of 165° F.
2. Many brands of turkey tenderloin, like Jennie O or Shady Brook Farms, are packaged with a solution that contains salt. If using one of these brands, add only a pinch of salt to the seasoning mix.
3. You can use fresh herbs instead of dried in this recipe, if desired. *The rule of thumb for substitution is 3:1 fresh to dried.* So, if the recipe calls for 1/2 tsp dried thyme, you would substitute 1 1/2 tsp fresh thyme.
4. Turkey tenderloin can dry out if overcooked. The best way to check if your turkey is done is to check it with a digital meat thermometer, which should reach 165° F at the thickest part of the meat. Cooking time will depend on the make and model of the air fryer.
5. Let the turkey rest for several minutes before slicing it so the juices don't run out.

### Nutritional Analysis per Serving

Yield: 4 Servings | Calories: 204 | Carbohydrates: 1 g | Protein: 40 g | Fat: 4 g | Saturated Fat: 4 g | Polyunsaturated Fat: 0.2 g | Monounsaturated Fat: 1 g | Cholesterol: 76 mg | Sodium: 405 mg | Potassium: 18 mg | Fiber: 0.2 g | Sugar: 0.04 g | Vitamin A: 129 IU | Vitamin C: 0.1 mg | Iron: 0.3 mg

Recipe courtesy of [The Foodie Physician](#)