EASY HIGH PROTEIN RECIPES

FRIED CHICKEN REHEATING CHEAT SHEET

Quick starting points for crispier leftovers. Cooking times are estimates, never safety guarantees.

CHOOSE YOUR METHOD

Air fryer	350-375 F | ~4-9 min Best for 1-3 pieces; arrange in one layer and flip once.
Oven + wire rack	375-400 F | ~10-20 min Best for a larger batch; leave the crust uncovered.
Microwave	30-second intervals Fastest, but softer crust; turn and check for cold spots.

THREE CHECKS BEFORE YOU EAT

- ☐ Leftovers were refrigerated within 2 hours (1 hour above 90 F).
- ☐ Chicken has been refrigerated no more than 3-4 days.
- ☐ The thickest part reaches 165 F on a food thermometer.

QUICK TROUBLESHOOTING

Soggy coating	Uncover the chicken and use a rack or basket.
Dark crust, cool center	Lower heat slightly and check the middle with a thermometer.
Dry chicken	Stop heating once the thickest part reaches 165 F.

YOUR LEFTOVER NOTES

Food safety: USDA FSIS & FDA guidance. Times vary by piece size and appliance.
https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures