

Helergon Kitchen

Baked Chicken Breast with Cream Cheese & Turkey Bacon

10 min Prep time	**30 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Components

- [ ] 4 boneless skinless chicken breasts (about 2 lbs / 900 g)
- [ ] 4 oz (113 g) cream cheese, softened
- [ ] 8 slices turkey bacon

Seasonings & Pantry

- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon smoked paprika
- [ ] Salt and freshly ground black pepper, to taste

Garnish & Optional Toppings

- [ ] 2 tablespoons chopped fresh parsley, for garnish
- [ ] 1/4 cup grated Parmesan cheese (optional)

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). I like to lightly oil a 4-inch baking dish so nothing sticks—it just makes cleanup so much easier, yeah?
2. Pat those chicken breasts dry with a paper towel. Then, just season both sides with salt, pepper, garlic powder, onion powder, and that lovely smoked paprika. Don't be shy with the seasoning!
3. Now, using your knife or a mandoline, carefully slice into each breast horizontally to make a little pocket. Be gentle here—you don't want to cut all the way through. You're looking for a thick "book" shape.
4. Spoon that softened cream cheese evenly into each pocket. I mean, just a nice, silky dollop. Roll the breast up and secure it with a toothpick so the goodness stays inside while it bakes.
5. Place the stuffed breasts in your baking dish, seam-side up. Drizzle your turkey bacon slices with a bit of olive oil, then lay them flat right on top of each piece of chicken.
6. Pop them in the oven for 25–30 minutes. You're waiting for the chicken to hit an internal temperature of 165°F (74°C) and for that bacon to get all golden-brown and crisp. Wow, the smell is just wonderful.
7. Take the dish out and let the chicken rest for about 5 minutes—it's important for the juices. If you're using the grated Parmesan cheese, sprinkle it on now while everything is still warm.
8. Last step! Remove those toothpicks, sprinkle on some chopped fresh parsley for a little pop of color, and serve it up immediately on a platter.

Nutrition per serving

410 kcal	36 g	4 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leave the chicken uncovered during the bake so the bacon can actually crisp up.
- Rotating your pan halfway through can help if your oven has those pesky hot spots.
- Store your staple ingredients in airtight containers to keep them fresh for next time.