

This Garlic Cream Sauce Chicken Is My Favorite Way to Dress Up Dinner

Grilled Chicken with Garlic Parmesan Cream Sauce



TIME
30 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

For the Chicken:

4 boneless, skinless chicken breasts

Salt & pepper, to taste

1 tbsp olive oil

For the Garlic Parmesan Cream Sauce:

2 tbsp butter

4 cloves garlic, minced

1 cup heavy cream

$\frac{1}{2}$ cup chicken broth

1 tsp Italian seasoning

$\frac{3}{4}$ cup freshly grated Parmesan cheese

Optional garnish: fresh parsley

Optional Add-Ins:

Sun-dried tomatoes or baby spinach added to the sauce

Red pepper flakes for a spicy twist

Fresh thyme or basil for herbal brightness

Serve over fettuccine, mashed potatoes, or cauliflower rice depending on your mood

Instructions:

Grill the Chicken Preheat grill to medium heat.

Season chicken breasts with salt and pepper and brush with olive oil. Grill for 6-7 minutes per side, or until juices run clear and internal temp hits 165°F. Set aside.

Make the Garlic Parmesan Sauce In a skillet over medium heat, melt the butter and sauté minced

garlic for about 1 minute.

Build the SauceStir in the cream, chicken broth, and Italian seasoning. Let simmer for 3-4 minutes until slightly thickened.

Add the CheeseReduce heat to low and whisk in Parmesan cheese until melted and smooth.

Combine & ServeReturn grilled chicken to the skillet and spoon sauce generously over each piece. Garnish with parsley and serve immediately.

Tips for Success:

Use freshly grated Parmesan-it melts better and gives the sauce that signature silky texture.

Don't boil the sauce-keep it at a gentle simmer to prevent breaking.

Pound the chicken to an even thickness for uniform cooking.

Double the sauce if you're serving with pasta-you'll want every drop.

Serving Suggestions & Pairings:

Pair with roasted or mashed potatoes

Serve over pasta like linguine or fettuccine

Add steamed green beans or broccoli on the side

Sip on This Blueberry Lemonade to balance the richness

Serve with Easy Cheesy Chicken Sliders for a cheesy chicken theme dinner

Or bring comfort full circle with This Dorito Casserole

DIRECTIONS

1. Grill the : ChickenPreheat grill to medium heat. Season chicken breasts with salt and pepper and brush with olive oil.Grill for 6-7 minutes per side, or until juices run clear and internal temp hits 165°F. Set aside.
2. Make the : Garlic Parmesan SauceIn a skillet over medium heat, melt the butter and sauté minced garlic for about 1 minute.
3. Build the : SauceStir in the cream, chicken broth, and Italian seasoning. Let simmer for 3-4 minutes until slightly thickened.
4. Add the : CheeseReduce heat to low and whisk in Parmesan cheese until melted and smooth.
5. Combine & : ServeReturn grilled chicken to the skillet and spoon sauce generously over each piece. Garnish with parsley and serve immediately.
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9. Double the sauce if you're serving with pasta-you'll want every drop.
10. Serving Suggestions & Pairings: This dish is ultra-versatile. Here's how to round it out:
11. Pair with roasted or mashed potatoes
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13. Add steamed green beans or broccoli on the side

14. Sip on : This Blueberry Lemonade to balance the richness
15. Serve with : Easy Cheesy Chicken Sliders for a cheesy chicken theme dinner
16. Or bring comfort full circle with : This Dorito Casserole
17. Finish the meal sweetly with : These Chocolate Chip Cookie Bites
18. Storage & Reheating: Fridge: Store leftovers in an airtight container for up to 3 days
19. Reheat: Gently on the stove over low heat with a splash of cream or broth
20. Freezing not recommended for the cream sauce, as it can separate
21. More Recipes You'll Love: Easy Cheesy Chicken Sliders with Marinara Garlic Butter
22. These : Chicken Enchiladas Are My Go-To for Cozy Crowd-Pleasing Dinners
23. This : Dorito Casserole Is My Favorite Weeknight Dinner Shortcut
24. This : Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days
25. These : Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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