

## Asparagus Stuffed Chicken Breast: A Fresh Take on a Classic Favorite

Looking for a way to turn plain chicken breasts into something truly mouthwatering? This



**OVEN**  
**375°F**

**TIME**  
**4 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup shredded mozzarella cheese
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1 tablespoon chopped fresh parsley (for garnish)

### DIRECTIONS

1. Prep the Chicken: Preheat oven to 375°F (190°C).
2. Season chicken breasts on both sides with garlic powder, paprika, Italian seasoning, salt, and pepper.
3. Carefully cut a pocket lengthwise in each breast, being sure not to slice all the way through.
4. Stuff the Chicken: Fill each chicken breast pocket with 2-3 asparagus spears and ... cup of mozzarella cheese.
5. Use toothpicks to secure the opening and hold the stuffing in place.
6. Sear for Flavor: Heat olive oil in an oven-safe skillet over medium-high heat.
7. Brown each stuffed chicken breast for 3-4 minutes per side until golden.
8. Finish in the Oven: Transfer the skillet to the oven and bake for 20-25 minutes, or until the internal temperature reaches 165°F (75°C).
9. Let rest 5 minutes, then remove toothpicks and garnish with fresh parsley.

### SWAPS & NOTES

& Substitutions Cheese Options : Swap mozzarella for provolone, goat cheese, or even cream cheese for different flavor profiles.

Vegetable Variations : Try baby spinach, roasted red pepper strips, or sundried tomatoes in place of asparagus.

Spice It Up : Add red pepper flakes or a touch of Dijon mustard inside the chicken for extra kick.

Prep the Chicken Preheat oven to 375°F (190°C) .

## TIPS FOR SUCCESS

Use similar-sized chicken breasts for even cooking.

Don't overstuff -a few spears of asparagus and a modest amount of cheese go a long way.

Toothpicks are your friend -they help seal everything in while cooking.

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

Original recipe: <https://chefmaniac.com/asparagus-stuffed-chicken-breast-a-fresh-take-on-a-classic-favorite/>