

Juicy Asparagus Stuffed Chicken Breasts - Cheesy, Simple, Delicious

Asparagus Stuffed Chicken Breast



OVEN
375°F

TIME
20 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 bunch asparagus, trimmed and blanched
- 1 cup grated mozzarella cheese
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 teaspoon dried herbs (Italian seasoning, thyme, or rosemary work well)
- $\frac{1}{2}$ cup chicken broth (for baking)

DIRECTIONS

- 1.** Step 1: Preheat & Prep: Preheat your oven to 375°F (190°C). Lightly grease a baking dish or line with foil for easy cleanup.
- 2.** Step 2: Slice & Stuff the Chicken: Use a sharp knife to cut a horizontal slit in each chicken breast to create a pocket, being careful not to cut all the way through.
- 3.** In a bowl, mix blanched asparagus, minced garlic, mozzarella, and a pinch of salt and pepper.
- 4.** Stuff each chicken pocket with the asparagus mixture.
- 5.** Step 3: Season the Outside: Rub each breast with olive oil.
- 6.** Sprinkle with salt, pepper, and dried herbs.
- 7.** Step 4: Bake: Arrange stuffed chicken breasts in the prepared baking dish.
- 8.** Pour chicken broth around (not over) the breasts to keep them moist.
- 9.** Bake for 25-30 minutes, or until the internal temperature reaches 165°F and the juices run clear.
- 10.** Step 5: Rest & Serve: Let the chicken rest for 5 minutes before slicing or serving.
- 11.** Garnish with fresh herbs or a squeeze of lemon for extra brightness.

SWAPS & NOTES

& Swaps Cheese options : Swap mozzarella for provolone, Swiss, or goat cheese for different flavor vibes.

Add some meat : A slice of prosciutto or deli ham inside each

breast adds savory depth.

More veggies : Add chopped spinach or sun-dried tomatoes to the filling for a boost.

TIPS FOR SUCCESS

Blanch your asparagus : Boil briefly then shock in ice water to keep it bright and tender.

Toothpicks help : If the filling is spilling out, use toothpicks to secure the chicken closed while baking.

Don't skip the broth : It keeps everything juicy and creates a light, savory pan sauce.

Add a quick sear : For a golden crust, sear stuffed breasts in a skillet for 2-3 minutes per side before baking.

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

Original recipe: <https://chefmaniac.com/juicy-asparagus-stuffed-chicken-breasts-cheesy-simple-delicious/>