

## Marry Me Chicken - Creamy Parmesan Chicken with Sun-Dried Tomatoes

If you're looking for a recipe that's



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper to taste
- ... cup sun-dried tomatoes, chopped
- 1 cup heavy cream
- 1 cup grated Parmesan cheese

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Season chicken with garlic powder, thyme, salt, and pepper.
3. In a large oven-safe skillet, heat olive oil over medium-high heat. Sear chicken 3-4 minutes per side, until golden.
4. Reduce heat to medium-low. Stir in sun-dried tomatoes, heavy cream, and Parmesan. Simmer gently for 5-7 minutes.
5. Transfer skillet to oven and bake for 20 minutes, or until the chicken is cooked through and sauce is thick and bubbly.
6. Let rest 3 minutes before serving.

### SWAPS & NOTES

Chicken : Thighs or chicken cutlets work well-just adjust cooking time.

Cream : Substitute with half-and-half for a lighter sauce.

Cheese : Freshly grated Parmesan melts better than pre-shredded.

Sun-Dried Tomatoes : Oil-packed ones add extra richness; drain well before chopping.

### TIPS FOR SUCCESS

Sear the chicken in batches if needed-don't overcrowd the pan.

Simmer the sauce gently so the cream doesn't curdle.

Use a meat thermometer-chicken is done at 165°F (74°C).

Add a tablespoon of butter or a splash of white wine to the sauce. ?

