

Broccoli Cheddar Chicken Roll-Ups: Crispy & Cheesy Baked Dinner

Get ready to elevate your chicken dinner game with these incredible



OVEN
350°F

TIME
1 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

3 1/2 cups broccoli, finely chopped, divided (525 g)
2 cups shredded cheddar cheese (200 g)
1 teaspoon garlic powder
1 teaspoon onion powder
8 oz cream cheese, 1 package, softened
3 chicken breasts (about 1.5-2 lbs total)
Salt, to taste
Pepper, to taste
14 oz cheddar cracker (such as Cheez-Its), 1 package (390 g)
1 cup all-purpose flour (125 g)
2 eggs

Swaps and Notes:

Broccoli: Fresh broccoli is ideal. If using frozen, ensure it's thawed and squeezed very dry before microwaving. Finely chopped is key for good binding.

Shredded Cheddar Cheese: Sharp or mild cheddar works best. Other good melting cheeses like Colby Jack or a mix of mozzarella and cheddar can also be used.

Garlic Powder/Onion Powder: These add a savory depth to the filling.

Cream Cheese: Ensure cream cheese is softened to room temperature for a smooth, lump-free filling.

Full-fat cream cheese is recommended.

Chicken Breasts: Boneless, skinless chicken breasts

are used here. You can use chicken tenderloins or turkey breast cutlets as well. Pounding them thinly is crucial.

Cheddar Crackers: Crackers like Cheez-Its, Goldfish, or similar savory cheddar crackers are perfect for the flavorful crust. They provide a unique salty, cheesy crunch.

All-Purpose Flour: For dredging the chicken.

Eggs: For the egg wash, helping the cracker crumbs adhere.

Seasoning: Adjust salt and pepper to your taste on the chicken.

DIRECTIONS

1. Let's get these delicious and cheesy : Broccoli Cheddar Chicken Roll-Ups ready for baking!
2. Prepare the : Broccoli Cheddar Filling: In a small, microwave-safe bowl, add 1 $\frac{1}{2}$ cups (225 g) of the finely chopped broccoli. Microwave for 1 minute to lightly steam it (this ensures it's tender in the filling). To this warm broccoli, add the 2 cups (200 g) of shredded cheddar cheese, 1 teaspoon garlic powder, 1 teaspoon onion powder, and the 8 oz package of softened cream cheese. Mix thoroughly until all the ingredients are well combined and the mixture is smooth and creamy. Set this delicious filling aside until ready to use.
3. Prepare the : Chicken Cutlets: On a clean cutting board, take each of the 3 chicken breasts. Carefully butterfly them with a sharp knife (slice horizontally almost all the way through, then open like a book). This should give you 6 thinner chicken cutlets. Cover the chicken cutlets with a piece of plastic wrap. Using a rolling pin or a heavy pan, tenderize the chicken by gently beating it until each cutlet is about 1/4 to 1/2-inch thick. This ensures they cook evenly and are easy to roll.
4. Season & : Fill Chicken: Remove the plastic wrap from the chicken cutlets. Season both sides of each cutlet lightly with salt and pepper to taste. Place a generous scoop of the prepared broccoli cheddar mixture (about 2-3 tablespoons) on top of one chicken cutlet, spreading it evenly until the chicken is mostly covered, leaving a small border around the edges.

5. Roll the : Chicken: Carefully roll the chicken cutlet up, starting from one of the tapered ends. Roll it tightly to form a compact log. To keep the chicken tightly rolled during baking, use 2 wooden toothpicks to secure the seam and ends. Repeat this process with the rest of the chicken cutlets and filling.
6. Preheat : Oven & Prep Baking Sheet: Preheat your oven to 325°F (165°C). Line a baking sheet with parchment paper. This will prevent sticking and make cleanup easier.
7. Prepare : Cracker Crumb Coating: In a large plastic bag, place the entire 14 oz package of cheddar crackers. Crush the crackers using a rolling pin or your hands until they have a coarse, sand-like texture (some small pieces are fine). Pour the cracker crumbs into a large shallow bowl. Add the remaining 2 cups (300 g) of finely chopped fresh broccoli to the cracker crumbs. Stir well to combine the broccoli and cracker crumbs.
8. Set : Up Dredging Stations: Put the 1 cup (125 g) of all-purpose flour into a medium bowl. In another medium bowl, whisk the 2 eggs until well beaten.
9. Coat the : Chicken Rolls: Using tongs, place one of the filled and toothpick-secured chicken pieces into the flour. Turn the chicken in the flour until it is fully coated, tapping off any excess flour. Next, place the floured chicken in the beaten egg, turning until the chicken is coated. Finally, place the chicken in the broccoli cracker crumb mixture, turning and pressing gently until the chicken is fully coated on all sides. Repeat this dredging process with the remaining chicken rolls.
10. Bake: Transfer the coated chicken pieces to the prepared baking sheet. Bake for 40-45 minutes, or until the chicken is cooked through (internal temperature reaches 165°F / 74°C) and the cracker crust is golden brown and crispy.
11. Cool & : Serve: Let the chicken cool slightly for a few minutes on the baking sheet after baking. Then, carefully remove the toothpicks before serving.

SWAPS & NOTES

If using frozen, ensure it's thawed and squeezed very dry before microwaving.

Finely chopped is key for good binding.

Shredded Cheddar Cheese: Sharp or mild cheddar works best.

Other good melting cheeses like Colby Jack or a mix of mozzarella and cheddar can also be used.

TIPS FOR SUCCESS

Pound Chicken Thin: This is crucial!

Thin chicken cutlets are easier to roll, cook faster, and are more tender.

Finely Chop Broccoli (for filling): For the filling, very finely chopped broccoli mixes well and prevents the filling from breaking when rolled.

Room Temperature Cream Cheese: Ensures a smooth, lump-free filling.

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

Original recipe: <https://chefmaniac.com/broccoli-cheddar-chicken-roll-ups-crispy-cheesy-baked-dinner/>