

## Baked Caesar Chicken with Parmesan Sauce - Creamy, Juicy & Absolutely Delicious

easy, indulgent, and flavor-packed dinners



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
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### INGREDIENTS

For the Chicken:

4 boneless, skinless chicken breasts

1 tsp garlic powder

$\frac{1}{8}$  tsp black pepper

$\frac{1}{8}$  tsp paprika

$\frac{1}{8}$  tsp Italian seasoning

For the Creamy Caesar Sauce:

1 cup Caesar dressing (use your favorite brand!)

$\frac{1}{2}$  cup sour cream (or Greek yogurt for a lighter option)

1 cup shredded Parmesan cheese

For the Crispy Topping (Optional):

$\frac{1}{2}$  cup panko breadcrumbs

2 tbsp butter, melted

For Garnish:

Fresh parsley, chopped

Step-by-Step Instructions:

1. Preheat the Oven:

2. Season the Chicken:

3. Make the Creamy Caesar Sauce:

4. Add the Crispy Topping (Optional):

5. Bake Until Juicy & Golden:

6. Garnish & Serve:

The Best Sides to Serve with Caesar Chicken:

Garlic Butter Roasted Potatoes - Crispy on the outside, soft on the inside.

Steamed or Roasted Broccoli - A fresh, healthy contrast to the creamy chicken.

Buttery Garlic Bread - To soak up all that delicious sauce!

Caesar Salad - Because you can never have too much Caesar flavor.

Lemon Herb Rice - Light and flavorful, with just the right touch of zest.

My Tips for the Best Baked Caesar Chicken:

Use a high-quality Caesar dressing - A thick, creamy dressing gives the sauce its signature richness.

Avoid overbaking - Chicken breasts dry out fast! Use a meat thermometer and take them out as soon as they hit 165°F (75°C).

Let it rest before serving - This allows the juices to redistribute, keeping the chicken extra moist.

Marinate for extra flavor - If you have time, let the chicken soak in Caesar dressing for 1-2 hours before baking.

Fun Variations & Add-Ins:

Spicy Caesar Chicken - Add ½ tsp cayenne pepper or 1 tsp hot sauce to the sauce.

## DIRECTIONS

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C) and lightly grease a 9x13-inch baking dish with butter or non-stick spray.
2. **Season the Chicken:** Pat the chicken breasts dry with a paper towel, then season both sides with garlic powder, black pepper, paprika, and Italian seasoning. Place the seasoned chicken in the prepared baking dish.
3. **Make the Creamy Caesar Sauce:** In a medium bowl, stir together the Caesar dressing, sour cream, and shredded Parmesan cheese until well combined.
4. **Spread the sauce generously over the chicken breasts, covering them completely for maximum flavor.**
5. **Add the Crispy Topping (Optional):** If you love a little crunch, mix the panko breadcrumbs with melted butter, then sprinkle over the chicken for a golden, crispy finish.
6. **Bake Until Juicy & Golden:** Bake uncovered for 25-30 minutes, or until the internal temperature reaches 165°F (75°C). The sauce should be bubbling and the top lightly golden.
7. **Garnish & Serve:** Let the chicken rest for 5 minutes before serving. Sprinkle with fresh chopped parsley for a pop of color and freshness.
8. **The Best Sides to Serve with Caesar Chicken:** This dish pairs beautifully with so many sides! Here are a few of my favorites:
9. **Garlic : Butter Roasted Potatoes - Crispy on the outside, soft on the inside.**
10. **Steamed or : Roasted Broccoli - A fresh, healthy contrast to the creamy chicken.**

11. Buttery : Garlic Bread - To soak up all that delicious sauce!
12. Caesar : Salad - Because you can never have too much Caesar flavor.
13. Lemon : Herb Rice - Light and flavorful, with just the right touch of zest.
14. My Tips for the Best Baked Caesar Chicken: Use a high-quality Caesar dressing - A thick, creamy dressing gives the sauce its signature richness.
15. Avoid overbaking - Chicken breasts dry out fast! Use a meat thermometer and take them out as soon as they hit 165°F (75°C).
16. Let it rest before serving - This allows the juices to redistribute, keeping the chicken extra moist.
17. Marinate for extra flavor - If you have time, let the chicken soak in Caesar dressing for 1-2 hours before baking.
18. Fun Variations & Add-Ins: Want to put your own spin on this dish? Try these delicious tweaks!
19. Spicy : Caesar Chicken - Add ½ tsp cayenne pepper or 1 tsp hot sauce to the sauce.
20. Mushroom & : Spinach Caesar Chicken - Sauté mushrooms and spinach, then mix them into the sauce before baking.
21. Bacon : Caesar Chicken - Sprinkle cooked, crumbled bacon over the top before baking.
22. Low-: Carb Version - Skip the breadcrumbs for a keto-friendly meal.
23. FAQs (From My Kitchen to Yours): Q: Can I use chicken thighs instead of breasts?A: Absolutely! Boneless, skinless chicken thighs work great and are even juicier than breasts. Just add a few extra minutes to the cooking time.
24. Q: Can I make this ahead of time?A: Yes! Assemble everything up to a day in advance, cover, and refrigerate. When ready to bake, remove from the fridge 15 minutes before baking to take the chill off.
25. Q: How do I store leftovers?A: Store in an airtight container in the fridge for up to 4 days. Reheat in the oven at 350°F (175°C) for 10-12 minutes or in the microwave.

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

Original recipe: <https://chefmaniac.com/baked-caesar-chicken-with-parmesan-sauce-creamy-juicy-absolutely-delicious/>