

## Bacon-Wrapped BBQ Chicken Bombs: The Ultimate Party Appetizer

Bacon-Wrapped BBQ Chicken Bombs



**OVEN**  
**400°F**

**TIME**  
**30 min**

**BEST BACON**  
**Thin-cut**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 boneless, skinless chicken breasts

8 slices of bacon

1/2 cup of your favorite BBQ sauce

1/2 cup shredded cheddar cheese

1/4 cup chopped green onions

Salt and pepper, to taste

Toothpicks

Swaps and Notes:

**Chicken:** Boneless, skinless chicken breasts are great for this recipe, but chicken thighs would also be fantastic, as they stay incredibly juicy.

**Bacon:** Thin-cut bacon works best here, as it gets crispy more quickly. You can also use a thick-cut bacon, but you may need to increase the cooking time slightly.

**BBQ Sauce:** Use your favorite brand of BBQ sauce. A smoky, tangy sauce works great here.

**Cheese:** Cheddar cheese is a classic, but you can also use Monterey Jack, Colby, or a mix of cheeses.

**Toothpicks:** Toothpicks are essential here to hold the bacon in place. Make sure to soak them in water for 30 minutes before using them to prevent them from burning.

Step-by-Step Instructions:

**Preheat and Prep:** Preheat your oven to 400°F (200°C) and line a baking sheet with foil. Cut each chicken breast into 2-inch chunks and season with salt and pepper.

**Fill the Chicken:** Flatten each chicken chunk slightly and place a small amount of BBQ sauce, a pinch of cheese, and a few chopped green onions in the center.

**Wrap and Secure:** Wrap a slice of bacon around each chicken chunk, securing it with a toothpick.

**Bake the Bombs:** Place the bacon-wrapped chicken bombs on the prepared baking sheet. Brush the remaining BBQ sauce over the tops of the chicken bombs. Bake in the preheated oven for 25-30 minutes, or until the bacon is crispy and the chicken is cooked through.

**Serve:** Remove from the oven and let cool slightly before serving.

**Tips for Success:**

**Don't Overfill:** Be careful not to add too much filling, as it can make it hard to wrap the chicken and bacon tightly.

**Secure with Toothpicks:** Toothpicks are essential here to hold the bacon in place. Soaking them in water first is a great trick to prevent them from burning.

**Watch the Heat:** Keep an eye on the cooking time, as chicken breasts can dry out quickly.

**Serve Immediately:** These are best served hot and fresh from the oven.

**Serving Suggestions and Pairings:**

**Nutritional Information (per serving, approximate):**

Calories: 350 kcal

Carbohydrates: 10g

Protein: 30g

Fat: 20g

Saturated Fat: 8g

Cholesterol: 100mg

Sodium: 900mg

Fiber: 1g

Sugar: 8g

## DIRECTIONS

1. **Preheat and : Prep:** Preheat your oven to 400°F (200°C) and line a baking sheet with foil. Cut each chicken breast into 2-inch chunks and season with salt and pepper.
2. **Fill the :** **Chicken:** Flatten each chicken chunk slightly and place a small amount of BBQ sauce, a pinch of cheese, and a few chopped green onions in the center.
3. **Wrap and : Secure:** Wrap a slice of bacon around each chicken chunk, securing it with a toothpick.
4. **Bake the :** **Bombs:** Place the bacon-wrapped chicken bombs on the prepared baking sheet. Brush the remaining BBQ sauce over the tops of the chicken bombs. Bake in the preheated oven for 25-30 minutes, or until the bacon is crispy and the chicken is cooked through.
5. **Serve:** Remove from the oven and let cool slightly before serving.
6. **Tips for Success:** **Don't Overfill:** Be careful not to add too much filling, as it can make it hard to wrap the chicken and bacon tightly.
7. **Secure with :** **Toothpicks:** Toothpicks are essential here to hold the bacon in place. Soaking them in water first is a great trick to prevent them from burning.
8. **Watch the :** **Heat:** Keep an eye on the cooking time, as chicken breasts can dry out quickly.
9. **Serve :** **Immediately:** These are best served hot and fresh from the oven.
10. **Serving Suggestions and Pairings:** These Bacon-Wrapped BBQ Chicken Bombs are a perfect appetizer on their own. They're so fun to eat and a true crowd-pleaser.

For a full party spread, you could serve them alongside other great appetizers like a crockpot nacho dip or a platter of easy cheesy chicken sliders.

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17. Sodium: 900mg
18. Fiber: 1g
19. Sugar: 8g
20. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
21. Storage and Leftover Tips: These are best served fresh and hot. If you have any leftovers, you can store them in an airtight container in the refrigerator for up to 2 days. To reheat, you can pop them in a hot oven or air fryer for a few minutes to crisp them back up.
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## SWAPS & NOTES

**Chicken:** Boneless, skinless chicken breasts are great for this recipe, but chicken thighs would also be fantastic, as they stay incredibly juicy.

**Bacon:** Thin-cut bacon works best here, as it gets crispy more quickly.

You can also use a thick-cut bacon, but you may need to increase the cooking time slightly.

**BBQ Sauce:** Use your favorite brand of BBQ sauce.

## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/bacon-wrapped-bbq-chicken-bombs-the-ultimate-party-appetizer/>