

How to Make the Ultimate Jalapeño Popper Stuffed Chicken with BBQ Glaze

Jalapeño Popper Stuffed Chicken with BBQ Glaze



OVEN
375°F

TIME
2-3 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

4 boneless, skinless chicken breasts
8 oz cream cheese, softened
1 cup shredded cheddar cheese
4 jalapeños, seeded and diced (or more, to taste)
1 tsp garlic powder
Salt and black pepper, to taste
1 cup BBQ sauce
1/4 cup honey
2 tbsp olive oil
Toothpicks, for securing the chicken

Swaps and Notes:

Cheese: I prefer the classic combination of cream cheese and cheddar, but you can get creative here.

Pepper jack cheese would add an extra layer of heat, and Monterey Jack would make it even creamier.

Jalapeños: Adjust the number of jalapeños based on your preferred spice level. For a milder flavor, you can remove all the seeds and membranes. For a spicier kick, leave some of the seeds in.

Glaze: I love the sweet and smoky combination of BBQ sauce and honey. You can use your favorite BBQ sauce, whether it's a sweet, spicy, or tangy variety.

Chicken: You can also use chicken cutlets, but you will need to adjust the baking time as they are thinner.

Step-by-Step Instructions:

Prepare the Filling: Preheat your oven to 375°F (190°C). In a medium mixing bowl, combine the softened cream cheese, shredded cheddar cheese, diced jalapeños, garlic powder, salt, and pepper. Mix until everything is well combined.

Stuff the Chicken: Place a chicken breast on a cutting board. Using a sharp knife, carefully cut a deep pocket into the side of each chicken breast, being careful not to cut all the way through to the other side.

Fill and Secure: Spoon the jalapeño popper filling into each chicken breast pocket. Use one or two toothpicks to secure the opening and keep the filling from spilling out.

Sear the Chicken: Heat the olive oil in a large oven-safe skillet over medium-high heat. Carefully place the stuffed chicken breasts in the hot skillet and sear for 2-3 minutes on each side, until they are beautifully browned. This step adds a great depth of flavor and color.

Glaze and Bake: Transfer the skillet with the chicken breasts to the preheated oven (or transfer the chicken to a baking dish). In a small bowl, mix together the BBQ sauce and honey. Brush the BBQ glaze generously over the top and sides of the chicken breasts.

Finish Cooking: Bake for 25-30 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C). The filling will be hot and bubbly.

Serve: Carefully remove the toothpicks before serving. Let the chicken rest for a few minutes, then serve hot and enjoy the incredible flavors.

Tips for Success:

Don't Overstuff: Be careful not to overstuff the chicken breasts, as the filling can ooze out during cooking. A little bit of ooze is fine, but you want to keep most of the cheese inside.

Secure the Opening: Toothpicks are a must here. They keep the filling securely inside while the chicken cooks, ensuring a perfectly cheesy center.

Let it Rest: As with any meat, letting the chicken rest for a few minutes after baking will ensure the juices redistribute, giving you the juiciest result.

Serving Suggestions and Pairings:

Nutritional Information Per Serving:

Calories: 550-600

Protein: 50-55g

Fat: 30-35g

Carbohydrates: 20-25g

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. **Prepare the Filling:** Preheat your oven to 375°F (190°C). In a medium mixing bowl, combine the softened cream cheese, shredded cheddar cheese, diced jalapeños, garlic powder, salt, and pepper. Mix until everything is well combined.
2. **Stuff the Chicken:** Place a chicken breast on a cutting board. Using a sharp knife, carefully cut a deep pocket into the side of each chicken breast, being careful not to cut all the way through to the other side.
3. **Fill and Secure:** Spoon the jalapeño popper filling into each chicken breast pocket. Use one or two toothpicks to secure the opening and keep the filling from spilling out.
4. **Sear the Chicken:** Heat the olive oil in a large oven-safe skillet over medium-high heat. Carefully place the stuffed chicken breasts in the hot skillet and sear for 2-3 minutes on each side, until they are beautifully browned. This step adds a great depth of flavor and color.
5. **Glaze and Bake:** Transfer the skillet with the chicken breasts to the preheated oven (or transfer the chicken to a baking dish). In a small bowl, mix together the BBQ sauce and honey. Brush the BBQ glaze generously over the top and sides of the chicken breasts.
6. **Finish Cooking:** Bake for 25-30 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C). The filling will be hot and bubbly.
7. **Serve:** Carefully remove the toothpicks before serving. Let the chicken rest for a few minutes, then serve hot

and enjoy the incredible flavors.

8. **Tips for Success: Don't Overstuff:** Be careful not to overstuff the chicken breasts, as the filling can ooze out during cooking. A little bit of ooze is fine, but you want to keep most of the cheese inside.
9. **Secure the : Opening:** Toothpicks are a must here. They keep the filling securely inside while the chicken cooks, ensuring a perfectly cheesy center.
10. **Let it : Rest:** As with any meat, letting the chicken rest for a few minutes after baking will ensure the juices redistribute, giving you the juiciest result.
11. **Serving Suggestions and Pairings:** This stuffed chicken is a complete meal on its own, but it pairs wonderfully with a few simple sides. A side of roasted potatoes or a simple green salad would be delicious. For a party or a crowd, you could serve these alongside other cheesy favorites like my easy cheese-stuffed chicken wontons for the ultimate cheesy comfort food feast.
12. **Nutritional Information Per Serving:** Calories: 550-600
13. **Protein:** 50-55g
14. **Fat:** 30-35g
15. **Carbohydrates:** 20-25g
16. **Please note:** Nutritional information is an estimate and can vary based on specific ingredients and brands used.
17. **Storage and Leftover Tips:** Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. To reheat, the best method is to warm them in the oven or an air fryer at 350°F (175°C) for 10-15 minutes until heated through. This will help keep the chicken from getting dry and the glaze from getting too sticky. Microwaving is not recommended as it can make the chicken tough.
18. **More Recipes You Will Love:** If you love delicious, cheesy chicken dishes, here are a few more of my favorites:
19. For a super easy and satisfying one-pan dinner, my Mexican Chicken and Rice Casserole is always a winner.
20. Looking for a fun party appetizer? My Easy Cheesy Chicken Sliders with Marinara Garlic Butter are absolutely delicious and disappear in minutes.
21. **This : Crockpot Nacho Dip** is my go-to for a party starter-it's a set-it-and-forget-it favorite.
22. **My Tangy : Chicken Salad** is a light and refreshing option for a quick lunch that's packed with flavor.
23. **Final Thoughts:** This Jalapeño Popper Stuffed Chicken with BBQ Glaze is a recipe I can't recommend enough. It's the perfect blend of classic comfort food and fresh, exciting flavors. I hope you give it a try and find that it becomes a new favorite in your kitchen.
24. Did you add extra jalapeños to your filling? I'd love to hear how you customized this recipe in the comments below!

SWAPS & NOTES

Cheese: I prefer the classic combination of cream cheese and cheddar, but you can get creative here.

Pepper jack cheese would add an extra layer of heat, and Monterey Jack would make it even creamier.

Jalapeños: Adjust the number of jalapeños based on your preferred spice level.

For a milder flavor, you can remove all the seeds and membranes.

TIPS FOR SUCCESS

Don't Overstuff: Be careful not to overstuff the chicken breasts, as the filling can ooze out during cooking.

A little bit of ooze is fine, but you want to keep most of the cheese inside.

Secure the Opening: Toothpicks are a must here.

They keep the filling securely inside while the chicken cooks, ensuring a perfectly cheesy center.

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

Original recipe: <https://chefmaniac.com/how-to-make-the-ultimate-jalapeno-popper-stuffed-chicken-with-bbq-glaze/>