

Creamy 5-Ingredient Caesar Chicken Bake (Extra Juicy & Tender)

Juicy Baked Caesar Chicken with Parmesan Sauce



OVEN
400°F

TIME
10 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

4 Boneless, Skinless Chicken Breasts: Try to find pieces that are uniform in thickness for even cooking.

1/2 Cup Caesar Dressing: Use a high-quality, creamy refrigerated brand for the best results.

1/2 Cup Grated Parmesan Cheese: Freshly grated melts best, but the green shaker bottle works in a pinch for a saltier crust.

1 Teaspoon Garlic Powder: Adds a sweet, punchy depth.

1 Teaspoon Italian Seasoning: A blend of oregano, basil, and thyme to round out the sauce.

Salt and Pepper: To taste.

Fresh Parsley: For that pop of color and freshness at the end.

Swaps and Notes:

The Dressing: If you aren't a fan of Caesar, you can substitute with Ranch or even a creamy Greek dressing.

The Cheese: Swap half the Parmesan for shredded Mozzarella if you want a "cheesy pull" effect.

The Protein: This sauce works beautifully on chicken thighs as well—just increase the bake time by about 5-10 minutes.

Step-by-Step Instructions:

1. Preheat and Prep:
2. Season the Chicken:

3. Coat with Caesar Sauce:

4. The Parmesan Topping:

5. Bake to Perfection:

6. Garnish and Rest:

Tips for Success:

Don't Overcrowd: Ensure there is a little bit of space between each breast in the pan so the heat can circulate.

Broil for Color: If the cheese isn't as golden as you'd like after 25 minutes, pop the broiler on for 1-2 minutes at the very end.

Uniformity: If one chicken breast is much thicker than the others, use a meat mallet to pound it to an even thickness.

Serving Suggestions and Pairings:

For a Full Italian Spread: Serve it alongside a side of pasta using my Classic Spaghetti Recipe.

For a Lighter Meal: Pair it with a crisp romaine salad (using the leftover Caesar dressing) or roasted asparagus.

For Breakfast the Next Day: If you have leftovers, slice them thin and tuck them into a 3-Ingredient Egg Wrap for a high-protein start to your day.

Appetizer Pairing: If you're hosting a dinner party, start the meal with this Baked Brie Appetizer to keep guests happy while the chicken bakes.

Nutritional Information (Per Serving):

Calories: 345 kcal

Protein: 38g

Fat: 18g

Carbs: 3g

Fiber: 0g

Sugar: 1g

Storage and Leftover Tips:

DIRECTIONS

- 1. Preheat and Prep:** Preheat your oven to 400°F (200°C). Lightly grease a 9x13 baking dish with non-stick spray or a thin layer of olive oil. High heat is essential here to get that Parmesan crust to bubble without overcooking the center of the meat.
- 2. Season the Chicken:** Pat your chicken breasts dry with a paper towel. This ensures the seasoning and sauce stick rather than sliding off. Season both sides generously with salt, pepper, garlic powder, and Italian seasoning.
- 3. Coat with Caesar Sauce:** Place the seasoned chicken in the baking dish. Pour the 1/2 cup of Caesar dressing over the tops. Use a brush or the back of a spoon to ensure every inch of the chicken is coated. This layer of fat and acid is what keeps the chicken incredibly juicy.
- 4. The Parmesan Topping:** Evenly sprinkle the grated Parmesan cheese over the dressing. It will mix slightly with the dressing during the bake, creating a thick, savory sauce.
- 5. Bake to Perfection:** Slide the dish into the center rack of the oven. Bake for 25-30 minutes. The exact time will depend on the thickness of your chicken.
- 6. Pro : Tip:** Use a meat thermometer! The chicken is done when it reaches an internal temperature of 165°F (75°C).
- 7. Garnish and Rest:** Once removed from the oven, let the chicken rest for 5 minutes. This allows the juices to redistribute. Sprinkle with fresh parsley and serve.
- 8. Tips for Success:** **Don't Overcrowd:** Ensure there is a little bit of space between each breast in the pan so

the heat can circulate.

9. Broil for : Color: If the cheese isn't as golden as you'd like after 25 minutes, pop the broiler on for 1-2 minutes at the very end.
10. Uniformity: If one chicken breast is much thicker than the others, use a meat mallet to pound it to an even thickness.
11. Serving Suggestions and Pairings: This chicken is a protein powerhouse that pairs well with almost anything.
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13. For a : Lighter Meal: Pair it with a crisp romaine salad (using the leftover Caesar dressing) or roasted asparagus.
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19. Carbs: 3g
20. Fiber: 0g
21. Sugar: 1g
22. Storage and Leftover Tips: Fridge: Store leftovers in an airtight container for up to 3 days.
23. Reheating: Reheat in the oven at 350°F covered with foil to keep it from drying out. Avoid the microwave if possible, as it can make the Parmesan sauce a bit oily.
24. Repurposing: This chicken makes the best cold chicken salad or sandwich filling for lunch the next day.
25. More Recipes You Will Love: If you enjoyed this easy oven-baked meal, you have to try these other crowd-pleasers:

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

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