

## Baked Chicken Stuffed with Broccoli and Cheddar

Broccoli Cheddar Stuffed Chicken with Velvety Cheese Sauce



**OVEN**  
**375°F**

**TIME**  
**40 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

#### Stuffed Chicken:

- 4 boneless chicken breasts
- 1 cup broccoli florets, finely chopped
- 1 cup shredded cheddar cheese
- 2 tablespoons cream cheese, softened
- 1/2 teaspoon garlic powder
- Salt to taste

#### Black pepper to taste

2 tablespoons olive oil

#### Velvety Cheese Sauce:

- 1 tablespoon butter
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese

### DIRECTIONS

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Prepare a baking dish for the chicken.
3. Make the Filling: In a mixing bowl, combine:
4. Finely chopped broccoli
5. Shredded cheddar cheese
6. Cream cheese
7. Garlic powder
8. Salt and black pepper
9. Mix until the ingredients are well blended.
10. Prepare the Chicken: Using a sharp knife, cut a pocket into the side of each chicken breast.
11. Be careful not to cut all the way through.
12. Fill each chicken breast with the broccoli cheese mixture.
13. Secure with toothpicks if needed.
14. Sear the Chicken: Heat olive oil in a skillet over medium-high heat.
15. Sear the stuffed chicken breasts for 2-3 minutes per side until golden brown.
16. This step adds extra flavor and helps lock in moisture.
17. Bake the Chicken: Transfer the seared chicken to the prepared baking dish.
18. Bake for 20-25 minutes, until the chicken is fully cooked and reaches an internal temperature of 165°F (74°C).
19. Make the Cheese Sauce: In the same skillet, melt butter over medium heat.
20. Add the heavy cream and bring it to a gentle simmer.
21. Stir in:

22. Grated : Parmesan cheese
23. Continue stirring until the sauce becomes smooth, creamy, and slightly thickened.
24. Serve: Place the baked chicken on serving plates.
25. Spoon the warm cheese sauce generously over each chicken breast.

## SWAPS & NOTES

This recipe can easily be adapted depending on your preferences.

Preheat the Oven Preheat your oven to 375°F (190°C) .

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

Original recipe: <https://chefmaniac.com/baked-chicken-stuffed-with-broccoli-and-cheddar/>

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