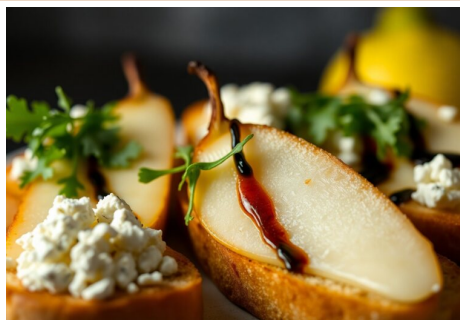


The Best Broccoli Cheddar Stuffed Chicken Breast Recipe

Broccoli Cheese Stuffed Chicken Breast



OVEN
400°F

TIME
40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless skinless chicken breasts
- $\frac{1}{2}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 tsp paprika
- 1 tsp Italian seasoning
- 2 cups cooked broccoli florets, chopped
- 1 tbsp olive oil
- $\frac{1}{2}$ bell pepper, chopped
- 2 garlic cloves, minced
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Prepare the Chicken: Using a sharp knife, cut a pocket into each chicken breast without slicing all the way through.
3. This creates space for the filling.
4. Season the Chicken: Season both sides of the chicken with:
5. Salt
6. Black pepper
7. Italian seasoning
8. Paprika
9. This adds flavor to the outside of the chicken.
10. Make the Filling: In a mixing bowl combine:
11. Chopped broccoli
12. Bell pepper
13. Cheddar cheese
14. Parmesan cheese
15. Minced garlic
16. Salt and pepper
17. Mix until evenly combined.
18. Stuff the Chicken: Fill each chicken breast with the broccoli cheese mixture.
19. Secure with toothpicks if necessary to keep the filling inside.
20. Sear the Chicken: Heat olive oil in a large skillet over medium-high heat.
21. Sear the chicken for 2-3 minutes per side until lightly golden.

22. This step locks in flavor and gives the chicken a beautiful crust.
23. Bake: Transfer the chicken to a baking sheet and loosely cover with foil.
24. Bake for about 20 minutes, or until the internal temperature reaches 165°F (74°C).
25. Rest and Serve: Allow the chicken to rest for a few minutes before serving. This keeps the meat juicy and tender.

SWAPS & NOTES

Cheese variations: Cheddar adds bold flavor, but mozzarella, Monterey Jack, or Colby Jack also work beautifully.

Broccoli preparation: Fresh steamed broccoli provides the best flavor and texture, but frozen broccoli can work if thoroughly drained.

Chicken breast size: Large chicken breasts are easier to stuff.

If using smaller ones, secure them with toothpicks.

TIPS FOR SUCCESS

Don't overstuff the chicken: Too much filling can cause the chicken to split open during cooking.

Sear before baking: This adds flavor and helps create a nice golden exterior.

Use a meat thermometer: This ensures perfectly cooked chicken without drying it out.

Let the chicken rest: A few minutes of resting keeps the juices inside the meat.

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

Original recipe: <https://chefmaniac.com/the-best-broccoli-cheddar-stuffed-chicken-breast-recipe/>