

Baked Asparagus and Mozzarella Stuffed Chicken Breast

, I'm always looking for ways to make healthy eating feel like an indulgence. This



OVEN
375°F

TIME
35 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

Chicken Breasts: 4 boneless, skinless breasts (try to choose ones that are similar in size).

Asparagus: 12 fresh spears, trimmed to fit the width of the chicken.

Mozzarella Cheese: 1 cup shredded (or 4 slices of fresh mozzarella).

Garlic Powder: 1 teaspoon.

Paprika: 1 teaspoon (Smoked paprika adds a lovely depth).

Salt & Black Pepper: To taste.

Olive Oil: 2 tablespoons for searing.

Fresh Parsley: For a bright garnish.

Swaps and Notes:

The Cheese: While mozzarella offers that classic "cheese pull," provolone or a sharp white cheddar also works beautifully.

The Filling: If you aren't a fan of asparagus, thin slices of bell pepper or a handful of fresh baby spinach make fantastic alternatives.

Added Flavor: For a Mediterranean twist, tuck a sun-dried tomato or a leaf of fresh basil inside alongside the cheese.

Quick Bites: If you love the idea of cheesy stuffed chicken but want something more snackable, check out my Easy Cheese Stuffed Chicken Wontons.

Step-by-Step Instructions:

1. Preheat and Prep:

2. Season the Meat:

3. Stuff and Roll:

4. The Perfect Sear:

5. Bake to Finish:

6. Rest and Garnish:

Tips for Success:

Pound it Out: Even thickness is the difference between juicy chicken and rubbery edges. Take the time to flatten the meat properly.

Skillet Safety: Make sure your skillet is truly oven-safe (no plastic handles!). A cast-iron skillet is my favorite tool for this job because it holds heat so well.

Don't Overstuff: It's tempting to add extra cheese, but too much filling will cause the chicken to burst open during the searing process.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 360 kcal

Total Fat: 19g

Saturated Fat: 8g

Carbohydrates: 3g

Protein: 41g

Fiber: 1g

Storage and Leftover Tips:

Fridge: Store leftover stuffed chicken in an airtight container for up to 3 days.

Reheating: To prevent the chicken from drying out, reheat in the oven at 350°F for 10-12 minutes with a splash of water or chicken broth in the bottom of the dish.

DIRECTIONS

- 1. Preheat and Prep:** Set your oven to 375°F (190°C). Place each chicken breast between two sheets of plastic wrap and use a meat mallet (or the bottom of a heavy pan) to gently pound them to an even half-inch thickness. This ensures they cook at the same rate and are easy to roll.
- 2. Season the Meat:** Remove the plastic wrap and season both sides of the flattened chicken with garlic powder, paprika, salt, and black pepper. Don't skip the underside-flavoring every layer is the secret to a professional result.
- 3. Stuff and Roll:** Place 3 asparagus spears and a generous portion of mozzarella on one end of each chicken breast. Roll the chicken tightly around the filling. Secure the "seam" with 2-3 toothpicks or a piece of kitchen twine to keep the cheese from escaping.
- 4. The Perfect Sear:** Heat the olive oil in an oven-safe skillet over medium-high heat. Once the oil is shimmering, place the chicken rolls in the pan. Sear for about 2 minutes per side until the exterior is a beautiful golden brown.
- 5. Bake to Finish:** Transfer the entire skillet directly into the oven. Bake for 20 to 25 minutes. You're looking for an internal temperature of 165°F (74°C). The cheese should be melted and bubbling out of the ends.
- 6. Rest and Garnish:** Remove from the oven and let the chicken rest for 5 minutes. This is crucial for keeping the juices inside. Remove the toothpicks, garnish with fresh parsley, and serve hot.

7. **Tips for Success: Pound it Out:** Even thickness is the difference between juicy chicken and rubbery edges. Take the time to flatten the meat properly.
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10. **Serving Suggestions and Pairings:** To keep things light and healthy, serve this chicken over a bed of Light Tangy Chicken Salad-which works great as a fresh side dish-or a simple quinoa pilaf.
11. **If you're craving comfort,** it pairs perfectly with my Instant Pot Lasagna for a multi-course Italian feast. For a beverage pairing, a crisp Sauvignon Blanc or a lemon-infused sparkling water cuts through the creaminess of the mozzarella beautifully.
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20. **Meal : Prep Hack:** Sliced leftovers make an incredible topping for 3-Ingredient Egg Wraps the following morning!
21. **More Recipes You Will Love:** If you enjoyed this elegant yet easy dinner, you'll love these other hits from chefmaniac.com:
22. **Cheese : Stuffed Chicken Wontons -** A fun, crunchy appetizer version.
23. **Light : Tangy Chicken Salad -** Perfect for a refreshing lunch.
24. **Baked : Brie Appetizer -** The ultimate way to impress guests.
25. **Instant : Pot Lasagna -** Comfort food in half the time.

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