

Loaded Chicken Breasts

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Adapted from Diethood

Serves 4

Blue – 6 Points

Purple – 6 Points

Green – 9 Points

- 4 slices bacon (diced)
- 4 1-pound, total boneless, skinless chicken breasts, pounded to 1/4-inch thickness
- salt and fresh ground pepper (to taste)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked or sweet paprika
- 8 Tbsp reduced fat cream cheese (softened)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon dried chives
- 3 ounces reduced fat cheddar cheese
- chopped fresh parsley
- sliced green scallions

1. Preheat oven to 400F.
2. Lightly grease a 9×13 baking dish with cooking spray and set aside.

3. Set a large skillet over medium-high heat and add in diced bacon; cook until crispy.
4. Remove bacon from skillet and set aside. DON'T discard bacon fat.
5. Return skillet to heat
6. Pound chicken breasts to a 1/4-inch thickness and season with salt, pepper, garlic powder, and paprika.
7. Add chicken breasts to the hot oil – you may have to do this in batches if skillet isn't big enough – and cook chicken breasts for 2 to 3 minutes, or until golden brown.
8. Flip over the chicken breasts and continue to cook for 3 more minutes.
9. Remove chicken breasts from skillet and arrange in previously prepared baking dish. Set aside.
10. In a small bowl combine cream cheese, garlic powder, onion powder, dill weed, and chives; mix until thoroughly combined. Taste for seasonings and adjust accordingly.
11. Top each chicken breast with 2 tablespoons of the cream cheese mixture. Spread to coat the surface of each chicken breast.
12. Take half of the bacon and add on top of the cream cheese.
13. Sprinkle shredded cheese over the chicken breasts.
14. Bake, uncovered, for 15 minutes, or until chicken is cooked through and cheese is melted and lightly browned.
15. Remove from oven.
16. Garnish with remaining bacon, fresh parsley, and scallions.
17. Serve.