

Treasure Barrel

Baked Chicken Breast with Cream Cheese and Turkey Bacon

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Wrap

- [ ] 4 boneless, skinless chicken breasts
- [ ] 4 slices turkey bacon
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1 tsp dried Italian seasoning
- [ ] 2 cloves garlic, minced

Creamy Filling

- [ ] 8 oz cream cheese, softened
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tbsp lemon zest (optional)

Garnish

- [ ] 2 tbsp chopped fresh parsley (for garnish)

Instructions

1. First things first, let's get the oven warming up to 375°F (190°C). While that's happening, go ahead and lightly grease your 8x6-inch baking dish with a bit of olive oil, or if you prefer, just line it with parchment paper to make cleanup a breeze.
2. Now, take a moment to pat those chicken breasts dry with some paper towels—it really helps the seasoning stick. Season both sides generously with salt, pepper, that lovely dried Italian seasoning, and the minced garlic.
3. Carefully wrap each chicken breast in a slice of turkey bacon. Honestly, if your bacon is acting up and curling, just pop a toothpick in the ends to keep everything snug and secure.
4. In a small bowl, stir together your softened cream cheese with the grated Parmesan, that bright lemon zest if you're using it, and a pinch of salt. It should be creamy and smooth. Spread this mixture right over the center of each bacon-wrapped chicken breast.
5. Nestle the prepared chicken breasts into your baking dish. I like to brush the tops with just a little more olive oil; it's the secret to getting that beautiful golden crust and a bit of crispness.
6. Bake them uncovered for about 20–22 minutes. Then, for that final touch, finish them under the broiler for 2–3 minutes to get those bacon edges perfectly crisp. Just make sure the internal temperature hits 165°F (74°C).
7. Remove the dish from the oven and—this is the hard part—let the chicken rest for 5 minutes so the juices stay put. Finally, sprinkle on some fresh parsley and you're all set.

Nutrition per serving

350 kcal	25 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Letting the meat rest for 5 minutes ensures it stays juicy.
- Using a meat thermometer is the only way to be sure the chicken is perfectly cooked without overdoing it.
- Softened cream cheese is key for a smooth, lump-free filling.