



# Garlic Stuffed Chicken Breast

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	15 MIN	30 MIN		10

Garlic stuffed chicken breast is a flavorful and satisfying dish made with tender chicken filled with a creamy garlic mixture. The combination of juicy chicken and rich garlic filling creates a delicious and impressive meal. This easy recipe is perfect for both weeknight dinners and special occasions. It delivers restaurant-quality flavor with simple ingredients and minimal effort.

## Ingredients

- 4 chicken breasts
- 4 garlic cloves, minced
- ½ cup cream cheese or soft cheese
- ½ cup shredded mozzarella or parmesan
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: spinach or herbs

## Recipe Summary

- Prep Time: 15 minutes
- Cook Time: 25-30 minutes
- Total Time: 40-45 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Preheat oven to **375°F (190°C)**.
2. Slice a pocket into each chicken breast.
3. In a bowl, mix garlic, cream cheese, and shredded cheese.
4. Stuff the mixture into each chicken breast.
5. Season chicken with salt and pepper.
6. Heat olive oil in a pan and sear chicken for **2-3 minutes per side**.
7. Transfer to oven and bake for **20-25 minutes** until fully cooked.
8. Let rest for 5 minutes before serving.
9. Serve warm.

## Cooking Tips

- Do not overstuff to prevent leaking
- Sear first for better flavor
- Use a thermometer (165°F / 75°C internal temp)

## Variations

- Add spinach for a spinach-garlic filling
- Use feta or ricotta cheese
- Add herbs like basil or thyme
- Use roasted garlic for a milder flavor

## What to Serve with Garlic Stuffed Chicken Breast

- Roasted vegetables
- Mashed potatoes
- Rice or quinoa
- Salad

## Storage

Store in an airtight container in the refrigerator for up to **3 days**.

## Reheating

Reheat in the oven for best texture.

## Frequently Asked Questions

### How do I keep stuffed chicken moist?

Do not overcook and let it rest.

### Can I prepare ahead of time?

Yes, stuff and refrigerate before cooking.

### Can I skip searing?

Yes, but searing adds flavor.

### Recipe Author

**Mary Thompson**

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