

real good foods bacon wrapped stuffed chicken cooking instructions

Real Good Foods bacon wrapped stuffed chicken is a delightful dish that combines the rich flavors of juicy chicken breast, savory stuffing, and the irresistible crispiness of bacon. This recipe is perfect for special occasions, family dinners, or even a cozy meal at home. The combination of textures and flavors makes this dish a standout, and it's surprisingly easy to prepare. In this article, we will delve into the ingredients, preparation, cooking instructions, and tips for achieving the best results with your Real Good Foods bacon wrapped stuffed chicken.

Ingredients

To create the perfect Real Good Foods bacon wrapped stuffed chicken, you'll need the following ingredients:

- Chicken:
- 4 boneless, skinless chicken breasts
- Stuffing:
- 1 cup of cooked quinoa or rice
- 1 cup of chopped spinach (fresh or frozen, drained)
- ½ cup of cream cheese, softened
- ½ cup of shredded cheddar cheese
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- Salt and pepper to taste
- Bacon:
- 8-12 strips of bacon (enough to wrap each chicken breast)
- Seasoning:
- Olive oil
- Paprika
- Fresh herbs (optional, such as thyme or rosemary)

Preparation Steps

Before you start cooking, it's crucial to prepare all the ingredients and the chicken properly. Follow these steps to ensure a smooth cooking process.

1. Prepare the Stuffing

Creating the stuffing is the first step in this recipe. Here's how to do it:

- In a large bowl, combine the cooked quinoa or rice with chopped spinach, cream cheese, shredded

cheddar cheese, garlic powder, onion powder, salt, and pepper.

- Mix thoroughly until all ingredients are well incorporated. The mixture should have a creamy texture and be easy to scoop.

2. Prepare the Chicken Breasts

Now it's time to prepare the chicken breasts for stuffing.

- Preheat your oven to 375°F (190°C).
- Place the chicken breasts on a cutting board. Use a sharp knife to cut a pocket into each breast. To do this:
 - Hold the chicken breast flat and carefully slice it horizontally, creating a pocket without cutting all the way through.
- Season the outside of the chicken breasts with olive oil, paprika, salt, and pepper for added flavor.

3. Stuff the Chicken

With the stuffing and chicken prepared, proceed to fill the chicken breasts.

- Take a generous scoop of the stuffing mixture and fill each chicken breast pocket. Be careful not to overstuff, as this can cause the chicken to burst while cooking.
- After stuffing the chicken, use toothpicks or kitchen twine to secure the opening, ensuring the stuffing stays intact during cooking.

4. Wrap the Chicken in Bacon

Wrapping the chicken in bacon adds flavor and moisture.

- Take 2-3 strips of bacon and wrap them around each stuffed chicken breast. Start from one end and spiral the bacon around until the entire breast is covered. Secure the ends with toothpicks if necessary.
- Place the wrapped chicken breasts seam-side down in a baking dish. If you have any leftover bacon, you can place it around the chicken for extra flavor.

Cooking Instructions

With everything prepared, it's time to cook your Real Good Foods bacon wrapped stuffed chicken.

1. Bake the Chicken

- Transfer the baking dish to the preheated oven.

- Bake for about 30-35 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). The bacon should be crispy and browned.

2. Broil for Extra Crispiness

- If you desire extra crispy bacon, switch your oven to broil for the last 3-5 minutes of cooking. Keep a close eye on it to prevent burning.
- Remove the chicken from the oven and allow it to rest for about 5 minutes before serving. This helps to lock in the juices.

3. Serve the Chicken

- Carefully remove the toothpicks or twine from the chicken.
- Serve your Real Good Foods bacon wrapped stuffed chicken with your choice of sides. Popular options include steamed vegetables, a fresh salad, or mashed potatoes.

Tips for Perfect Bacon Wrapped Stuffed Chicken

Achieving a perfectly cooked Real Good Foods bacon wrapped stuffed chicken can be simple if you follow these tips:

- Choose the Right Bacon: Thick-cut bacon works best for this recipe, as it crisps up nicely and provides a hearty flavor.
- Don't Rush the Cooking: Cooking at the right temperature is crucial. Baking at 375°F allows the chicken to cook evenly without drying out.
- Use a Meat Thermometer: To ensure the chicken is cooked properly, use a meat thermometer to check the internal temperature. It should read 165°F (74°C) when done.
- Experiment with Stuffing: Feel free to customize the stuffing based on your preferences. You can add diced bell peppers, mushrooms, or even herbs like basil or parsley to enhance the flavor.
- Let it Rest: Allowing the chicken to rest after baking helps retain moisture, making every bite tender and juicy.

Conclusion

Real Good Foods bacon wrapped stuffed chicken is not only a delicious dish but also a versatile one that can be tailored to your taste. By following the steps outlined in this article, you can create a mouth-watering meal that is sure to impress family and friends. Whether you're preparing it for a special occasion or a simple weeknight dinner, this recipe is bound to become a favorite in your household. Enjoy the delightful combination of flavors and the satisfaction of creating a gourmet meal right in your kitchen!

Frequently Asked Questions

What are the cooking instructions for Real Good Foods bacon wrapped stuffed chicken?

Preheat your oven to 375°F (190°C). Remove the chicken from packaging and place it on a baking sheet. Bake for 30-35 minutes or until an internal temperature of 165°F (74°C) is reached.

Can I cook Real Good Foods bacon wrapped stuffed chicken in an air fryer?

Yes, you can cook it in an air fryer. Preheat the air fryer to 380°F (193°C) and cook for about 20-25 minutes, flipping halfway through, until the internal temperature reaches 165°F (74°C).

Is it necessary to thaw Real Good Foods bacon wrapped stuffed chicken before cooking?

No, it is not necessary to thaw the chicken. You can cook it from frozen, but adjust the cooking time to ensure it reaches the proper internal temperature.

What is the best way to ensure Real Good Foods bacon wrapped stuffed chicken is crispy?

To achieve a crispy texture, bake it on a wire rack placed over a baking sheet, allowing air to circulate around the chicken while cooking.

How do I know when Real Good Foods bacon wrapped stuffed chicken is fully cooked?

Use a meat thermometer to check the internal temperature, which should reach 165°F (74°C) for safe consumption.

Can I add additional seasoning to Real Good Foods bacon wrapped stuffed chicken?

Yes, you can add seasoning before cooking. Consider using garlic powder, paprika, or black pepper to enhance the flavor.

What sides pair well with Real Good Foods bacon wrapped stuffed chicken?

Great side options include roasted vegetables, a fresh salad, or mashed potatoes for a balanced meal.

How long should I let Real Good Foods bacon wrapped stuffed chicken rest after cooking?

Let the chicken rest for about 5 minutes after cooking to allow the juices to redistribute before slicing.

Can I microwave Real Good Foods bacon wrapped stuffed chicken?

Microwaving is not recommended as it may not cook evenly. For best results, use an oven or air fryer.

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