

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes

Yield: 2 servings

Intensity: Medium (Involves stuffing and searing)

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The Story Behind the Dish

If you are on a fitness journey, you know the struggle of the “Chicken and Broccoli” rut. It’s effective, but it can be boring. I created this recipe to prove that high-protein meal prep doesn’t have to be bland.

This dish combines the creamy, cooling texture of cream cheese with the tart burst of blackberries and the grassy heat of jalapeños. Wrapped in bacon and seared to golden perfection, this chicken breast packs a massive 43 grams of protein per serving while tasting like something you’d order at a fancy bistro. It’s keto-friendly, low-carb, and absolutely exploding with flavor.

Ingredients

For the Chicken:

- 2 large boneless, skinless chicken breasts (approx. 8 oz each)
- 4 slices center-cut bacon (not thick-cut, so it wraps easier)
- 1 tbsp olive oil
- 1 tbsp salted butter
- Toothpicks (for securing)

For the Filling:

- 4 oz full-fat cream cheese, softened
- 1/2 cup fresh blackberries, halved
- 1 medium jalapeño, seeded and finely diced (leave seeds in for extra heat)
- 1/4 cup shredded mozzarella or Monterey Jack cheese

- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and black pepper to taste

For the Garnish (Optional):

- Fresh blackberries
- Extra sliced jalapeño
- Chopped fresh cilantro

Instructions

Phase 1: The Prep (Intensity: Low)

1. Preheat & Prep: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone mat.
2. Butterfly the Chicken: Pat the chicken breasts dry with a paper towel. Using a sharp knife, carefully cut a deep pocket into the side of each breast. Do not cut all the way

through; you want a “boat” to hold the filling.

3. Season: Season the outside and the inside of the chicken pockets generously with salt, pepper, and a little garlic powder.

Phase 2: The Filling (Intensity: Medium)

4. Mix the Good Stuff: In a medium bowl, combine the softened cream cheese, shredded cheese, diced jalapeño, and smoked paprika. Mix until smooth.
5. Add the Berries: Gently fold in the halved blackberries. *Tip: Be careful not to mash them too much; you want distinct pockets of berry flavor.*
6. Stuff: Spoon the mixture into the pocket of each chicken breast. Don't be shy—pack it in there! If you have leftover filling, you can spread it on top of the chicken before wrapping.
7. Wrap: Lay two slices of bacon side-by-side (or slightly overlapping) on a cutting board. Place the stuffed chicken breast at one end and roll the bacon around it. Secure with 2-3 toothpicks. Repeat with the second breast.

Phase 3: The Sear (Intensity: High)

8. Sear: Heat olive oil and butter in a large oven-safe skillet over medium-high heat.
9. Brown: Carefully place the bacon-wrapped chicken into the skillet. Sear for 2-3 minutes

per side until the bacon is golden brown and crispy. You are not cooking the chicken through here, just rendering the fat and building flavor.

Phase 4: The Bake (Intensity: Low)

10. Oven Time: Transfer the skillet to the preheated oven (or move the chicken to your prepared baking sheet if your skillet isn't oven-safe).
 11. Cook: Bake for 15-20 minutes, or until the internal temperature of the chicken reaches 165°F (74°C) .
 12. Rest: Remove from the oven and let the chicken rest for 5 minutes. This is crucial! It allows the juices to redistribute so they don't run out when you cut into it.
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Tips for Success

- Berry Swaps: If you don't have blackberries, raspberries or diced strawberries work beautifully. Just avoid frozen berries, as they release too much water and make the filling runny.
- Heat Control: If you are sensitive to spice, make sure to remove all the seeds and white pith from the jalapeño. If you love heat, keep some seeds in.
- The Toothpick Trick: Count your toothpicks! You don't want to serve a hidden toothpick

to a guest.

- Cheese Pull: For the most “melty” experience, use a block of cheese you shred yourself. Pre-shredded cheese often contains anti-caking agents that prevent it from melting smoothly.

Nutrition Information

Disclaimer: Nutritional information is calculated using standard database values and is an estimate. Actual values may vary based on the specific brands of ingredients used.

Serving Size: 1 Stuffed Chicken Breast (with bacon)

Servings Per Recipe: 2

- Calories: 580 kcal
- Total Fat: 38g
- Saturated Fat: 15g
- Cholesterol: 190mg
- Sodium: 720mg
- Total Carbohydrates: 6g

- Dietary Fiber: 1g

- Sugars: 3g

- Protein: 43g

Net Carbs: 5g