



## Keto Jalapeno Popper Chicken



- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Total Time: 40 minutes
- Cost per Serving: \$3.00
- Calories per Serving: ~350cal



## Ingredients :

- Chicken Breasts: 4 medium-sized, boneless and skinless. (If you want a bit more juiciness, chicken thighs are a great option, too!)
- Salt & Pepper: Just a sprinkle of each to bring out the flavors.
- Garlic Powder: 1 teaspoon, for a little extra depth.
- Cream Cheese: 4 oz, softened (about 1/2 cup). This makes it wonderfully creamy.
- Shredded Cheddar Cheese: 1 cup. Cheddar gives that classic cheesy taste we love.
- Jalapeños: 2 large, seeds removed and diced small. Adjust this to suit how spicy you like it.
- Cooked Bacon: 4 slices, chopped. This adds that perfect smoky, crispy bite

## Optional Garnishes:

- Green Onions: A handful, chopped up for a bit of freshness on top.
- Sour Cream: About 1 tablespoon per serving, if you want a cool and creamy contrast to the heat.



## Preparation :



- 1-Prepare the Chicken: Preheat your oven to 400°F (200°C). Place the chicken breasts in a baking dish, and season both sides with salt, pepper, and garlic powder.
- 2-Make the Topping: In a medium bowl, mix the softened cream cheese, shredded cheddar, diced jalapeños, and chopped bacon until creamy and combined.
- 3-Top the Chicken: Spread the jalapeño mixture evenly over each chicken breast. It'll melt down into the chicken as it cooks, making it so juicy and flavorful.
- 4-Bake: Bake for 25-30 minutes or until the chicken reaches an internal temperature of 165°F. For that golden, bubbly top, switch to broil for the last 2-3 minutes.
- 5-Serve and Enjoy! Add chopped green onions or a dollop of sour cream if you like, and serve hot. Each bite is packed with that creamy, spicy, cheesy goodness we all love!