

# Smothered BLT Chicken

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This Smothered BLT Chicken takes all the best flavors of a classic BLT sandwich and transforms them into a hearty, cheesy, skillet dinner. Juicy, pan-seared chicken breasts are topped with crispy bacon, fresh tomatoes, and melted cheese, then smothered in a creamy sauce infused with garlic and herbs. A handful of spinach or arugula adds a fresh, slightly peppery bite, balancing the richness of the dish. Serve this easy yet indulgent meal with a side of roasted potatoes, rice, or crusty bread to soak up the delicious sauce.

## Ingredients:

- 4 boneless, skinless chicken breasts
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 6 slices bacon, cooked and crumbled
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 cup baby spinach or arugula
- ½ cup heavy cream
- ½ cup chicken broth

- 1 teaspoon Dijon mustard
- 1 teaspoon Italian seasoning
- 1 cup shredded mozzarella or cheddar cheese
- ¼ cup grated Parmesan cheese
- Fresh parsley, for garnish

## **Instructions:**

### **1. Prepare the Chicken:**

- Pat the chicken breasts dry and season both sides with salt, black pepper, garlic powder, and smoked paprika.

### **2. Sear the Chicken:**

- Heat olive oil and butter in a large skillet over medium-high heat.
- Add the chicken and sear for 4-5 minutes per side until golden brown. Remove and set aside.

### **3. Make the Sauce:**

- In the same skillet, add minced garlic and cook for 30 seconds until fragrant.
- Stir in cherry tomatoes and cook for 2 minutes until softened.
- Pour in the chicken broth, heavy cream, Dijon mustard, and Italian seasoning, stirring to combine. Let it simmer for 2 minutes.

### **4. Smother the Chicken:**

- Return the seared chicken to the skillet and spoon the sauce over it.
- Sprinkle mozzarella (or cheddar), Parmesan, and crumbled bacon on top.
- Cover the skillet and let the cheese melt over low heat for 3-4 minutes.

### **5. Add Greens & Serve:**

- Stir in the baby spinach or arugula just before serving, allowing it to wilt slightly.
- Garnish with fresh parsley and serve warm.

Enjoy your Smothered BLT Chicken with a side of mashed potatoes, garlic bread, or a crisp green salad!