



TIPSY FOODS

COOK A LITTLE TIPSY

Bacon Wrapped Stuffed Chicken Breasts

These keto-friendly, Bacon Wrapped Stuffed Chicken Breasts are literally oozing with flavor. The mouthwatering garlic, mushroom and spinach filling is cooked up in a sauté pan then stuffed inside the chicken with tons of gooey cheese. The whole thing is wrapped in bacon and cooked on the grill or in an oven until crisp, tender and delicious. Perfect for switching up your usual chicken breast routine or feeding a hungry crowd.

Ingredients

- 5 oz frozen spinach, thawed, strained
- 8 bacon slices cut in half
- 1 tbsp butter
- 4 chicken breasts, boneless, skinless, butterflied
- 2 garlic clove, minced
- 1 cup Italian cheese blend
- 8 oz mushrooms, sliced thin
- 1 tbsp olive oil
- 1 tbsp [Tippy Foods Bourbon Molasses Rub](#)
- 1 yellow onion, chopped



Instructions

1. Fire up your grill or oven to 375°F or medium heat.
2. Heat olive oil and butter in sauté pan on a burner, then add mushrooms and cook for about 3 minutes, stirring frequently. Add chopped onion and garlic and cook for 2 minutes. Add spinach and sauté another minute, then transfer vegetables to a heat-safe bowl to cool slightly.
3. Season the butterflied chicken breasts with Tippy Foods Bourbon Molasses Rub, coating both sides.
4. Lay out breasts cut side up so to open the butterfly.
5. Sprinkle half of cheese over each butterflied chicken breast, followed by the sautéed vegetables, and the remaining half of the cheese.
6. Gently fold chicken breast halves together and wrap tightly with bacon. To secure, tuck ends of bacon underneath, or insert a toothpick to hold it together. Repeat with remaining breasts.
7. Arrange the chicken breasts, bacon seam down, directly on the grill grate and grill, (*or on a baking sheet and place in oven*) turning once or twice, until the bacon is crisp and golden brown, about 25 to 30 minutes, or until internal temperature reaches 165°F.
8. Remove from grill, allow to rest for 5 minutes, remove any toothpicks, then serve hot.