

Foodnity Recipes

BBQ Ranch Chicken Bake – Easy Comfort Meal

10 min Prep time	**30 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skin-less chicken breasts (1.5 lb total)
- [ ] 2 tbsp olive oil
- [ ] 2 tsp garlic powder
- [ ] 1/2 tsp salt (adjust to taste)
- [ ] 1/4 tsp black pepper (adjust to taste)

The Sauce

- [ ] 1 cup bottled BBQ sauce (e.g., Sweet Baby Ray's)
- [ ] 1 cup original ranch dressing

Cheese Topping

- [ ] 1 cup shredded cheddar cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup grated Parmesan cheese

Optional Garnish

- [ ] 1 tbsp chopped fresh parsley (optional garnish)

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). It just needs a little time to get nice and hot.
2. Now, take your 9x13 inch baking dish and lightly coat it with olive oil. Or, if you're like me and hate scrubbing pans, just line it with parchment paper for a bit of an easier cleanup later.
3. Take those boneless, skin-less chicken breasts and season both sides with the garlic powder, salt, and black pepper. Don't be shy with it, but just use your best judgment.
4. Carefully arrange the seasoned chicken pieces in a single layer in your prepared baking dish. Make sure they have a little breathing room.
5. In a medium bowl, whisk together the bottled BBQ sauce and original ranch dressing. It's a funny combination at first, but wow, it blends together so beautifully.
6. Evenly spoon that sauce mixture over and around each chicken breast. I like to make sure every single piece is well coated so nothing dries out.
7. Sprinkle the shredded cheddar cheese, shredded mozzarella cheese, and grated Parmesan cheese evenly over the top. It looks so cozy already.

8. Pop it in the oven for 25-28 minutes. You're looking for the chicken to reach an internal temperature of 165°F (74°C) and for that cheese to be bubbly and just a bit golden.

9. Pull the dish out and, honestly, the hardest part is waiting—let the bake rest for about 5 minutes before you serve it.

10. Finally, sprinkle that chopped fresh parsley on top for a little pop of color and serve it while it's hot.

Nutrition per serving

480 kcal	34 g	18 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Letting the chicken rest for 5 minutes keeps the juices inside where they belong.
- Adjust the salt and pepper to your own liking; everyone's palate is a bit different.
- Parchment paper is a real lifesaver for this one if you don't want to scrub the dish.