

Foodnity Recipes

Cheddar Turkey Bacon Chicken Skillet

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken & Seasoning

- [ ] 4 boneless, skinless chicken thighs (about 1 lb)
- [ ] 2 tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp dried thyme
- [ ] Optional: pinch of cayenne pepper

Skillet Components

- [ ] 1 tbsp olive oil
- [ ] 4 slices turkey bacon (about 2 oz)
- [ ] 1 small onion, diced (about 1 cup)
- [ ] 2 garlic cloves, minced
- [ ] 1 cup diced red bell pepper
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup low-fat chicken broth

Topping & Garnish

- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 tbsp fresh parsley, chopped (for garnish)

Instructions

1. Start by patting those chicken thighs dry with some paper towels—honestly, it's the secret to a good sear. In a small bowl, just stir together the salt, pepper, smoked paprika, and thyme, then rub that lovely seasoning all over the chicken.

2. Heat your skillet over medium-high and add the olive oil. Drop in the turkey bacon and let it cook until it's nice and crisp, which takes about 4-5 minutes. Once it's done, remove the bacon, crumble it up, and just set it aside for later.

3. Turn the heat down to medium. Place the seasoned chicken thighs in the pan, skin-side up, and sear until they're a beautiful golden brown, about 5 minutes. Flip them over and sear the other side for another 5 minutes, or until they're cooked through to an internal temp of 165°F. Go ahead and remove the chicken and set it aside.

4. Now, add the diced onion to that same skillet and sauté until they're translucent, maybe 2-3 minutes. Then, stir in the minced garlic and bell pepper; just cook those for another minute.

5. Toss in the cherry tomatoes and cook them, stirring gently, for 2 minutes until they just start to soften. It smells wonderful at this point, yeah.

6. Pour in the chicken broth. Use a wooden spoon to lift those browned bits from the bottom of the pan—that's where all the flavor is—to deglaze the sauce.

7. Bring the chicken thighs back into the skillet. Sprinkle the shredded sharp cheddar cheese over the top, and then drizzle the crumbled turkey bacon evenly over the cheese. Look at that blanket of goodness.

8. Cover the skillet with a lid and turn the heat down to low. Let it cook until the cheddar is fully melted and bubbly, about 3-4 minutes. Just double-check that the chicken has reached 165°F.

9. Take it off the heat, sprinkle with some chopped parsley, and serve it immediately right from the skillet or move it to a dish if you prefer.

Nutrition per serving

410 kcal	38 g	12 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cherry tomatoes add a nice brightness that cuts through the richness of the cheese.
- Using chicken thighs keeps the meat moist even under the melted cheese.
- Turkey bacon is a wonderful leaner choice that still gives that salty, smoky hit.