

Gluten Free, Keto Friendly, Cheesy bacon wrapped chicken

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Bacon wrapped cream cheese stuffed chicken breasts which is low carb, gluten free and keto friendly. This is a fairly easy recipe to make and I have found out that if you cook it either in the oven or on the grill, if you wrap this in aluminum foil that the cheese filling will not all leak out.



Ingredients:

- 4 Boneless skinless chicken breast
- 8 ounces cream cheese
- 1/2 cup Shredded cheese.
- 2 - 3 stalks green onion, chopped
- 1-2 packages of bacon

Instructions:

1. If you are going to cook this in the oven, preheat the oven to 350 degrees
2. Pound breast so it is about 1/4" thick. I find covering them in **saran wrap** helps minimize stuff flying all over the place
3. Mix together softened cream cheese, chopped green onions and shredded pepperjack cheese. Put 1/4 of this mixture into the middle of each piece of chicken.
4. Roll the chicken up, while trying to keep the cheese mixture in the middle
5. Wrap 3-5 pieces of bacon around the chicken, trying to make the bacon fairly tight
6. I find the wrapping it in **aluminum foil** helps this part since the cheese mixture will not leak out, but that is optional
7. Place in a **9x13 pan** and bake for 40 minutes at 375 degrees

8. If you cook on the grill, cook as you normally would cook chicken breasts in a indirect way for about 20 minutes each side

Watch this video on Daily Motion - <http://dai.ly/x6hliwf>