

Baked Cream Cheese Chicken Recipe

Baked cream cheese chicken recipe is a comforting dish that combines juicy chicken breasts with a creamy garlic herb sauce made from simple ingredients. Cream cheese melts into chicken broth to create a rich, velvety sauce that clings to every bite. With minimal prep and quick cooking, this meal is perfect for busy nights yet feels indulgent enough for weekends. Paired with pasta, rice, or vegetables, it makes a balanced dinner the whole family will enjoy.

Why Cream Cheese is the Star

Rich and Silky Base

Cream cheese provides a rich base that instantly turns chicken into comfort food. Unlike sauces requiring flour or cream, cream cheese melts quickly and thickens naturally. It gives the sauce body while blending smoothly with broth and seasonings. Garlic, onions, and Italian herbs build on this base, making a sauce that's flavorful but not overpowering. With just one block of cream cheese, you create a silky, restaurant-style sauce in minutes without extra effort.

Family-Friendly Flavor

This dish's creamy, mild flavor makes it appealing to everyone at the table. Children enjoy the velvety sauce, while adults appreciate the savory herbs and garlic. It's adaptable too. Add red pepper flakes for spice or parsley for freshness. Because it uses pantry staples, you can whip it up on short notice. The balance of creamy, savory, and slightly tangy flavors makes this chicken recipe versatile enough for casual weeknights or family gatherings alike.

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- Author: [Aaron recipes](#)
- Total Time: [35 minutes](#)
- Yield: [4 servings 1x](#)

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Description

Juicy baked chicken in a creamy garlic herb sauce made with cream cheese, onions, and Italian seasoning. Easy, comforting, and perfect for family dinners.

Ingredients

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Scale

- ☐ 8 ounces cream cheese, softened
 - ☐ 2 large chicken breasts
 - ☐ 1/2 teaspoon garlic powder
 - ☐ Salt and pepper, to taste
 - ☐ 1 tablespoon butter
 - ☐ 1 tablespoon olive oil
 - ☐ 1/2 medium onion, chopped
 - ☐ 3 cloves garlic, minced
 - ☐ 3/4 cup chicken broth
 - ☐ 1/2 teaspoon Italian seasoning
 - ☐ 1/4 teaspoon crushed red pepper flakes
 - ☐ Fresh parsley, chopped (optional)
 - ☐ Prevent your screen from going dark
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Instructions

1. Preheat oven to 375°F (190°C). Microwave cream cheese until soft and cut into pieces.
2. Cut chicken breasts in half lengthwise. Season with garlic powder, salt, and pepper.
3. In a skillet, heat butter and olive oil. Sear chicken 5–6 minutes per side until golden. Transfer to a baking dish.
4. In the same skillet, sauté onions 5–7 minutes until softened. Add garlic and cook 30 seconds.

5. Stir in broth, cream cheese, Italian seasoning, and red pepper flakes. Stir until smooth and creamy.
6. Pour sauce over chicken in the baking dish. Bake for 20–25 minutes until chicken reaches 165°F.
7. Season to taste, garnish with parsley, and serve with pasta, rice, or vegetables.

Notes

Chicken thighs can be used instead of breasts for juicier meat.

Add mushrooms, spinach, or peppers for more flavor and nutrition.

Adjust spice with more red pepper flakes or cayenne.

Serve with pasta, rice, or mashed potatoes for a hearty meal.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Category: Dinner
- Method: Baked
- Cuisine: American

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 490
- **Sugar:** 3g
- **Sodium:** 670mg
- **Fat:** 24g
- **Saturated Fat:** 11g
- **Unsaturated Fat:** 10g
- **Trans Fat:** 0g
- **Carbohydrates:** 8g
- **Fiber:** 1g
- **Protein:** 38g
- **Cholesterol:** 120mg

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Preparing the Chicken

Simple Seasoning

The chicken is seasoned before cooking with garlic powder, salt, and pepper. This light coating ensures flavor in every bite and enhances browning. Even though the sauce provides richness later, this first step guarantees the chicken isn't bland. The seasoning also creates a savory crust when baked, locking in juices. Whether you use chicken breasts or thighs, this basic seasoning forms the foundation for a delicious main course with balanced flavor.

Baking for Tender Results

Unlike pan-searing, baking gently cooks chicken while keeping it juicy. In the oven, butter and olive oil coat the chicken, helping it bake evenly while developing golden edges. At 375°F, the chicken bakes in about 25 minutes, reaching a safe internal temperature of 165°F. Baking also allows the cream cheese sauce to develop as the chicken cooks, making the whole dish cohesive. The result is chicken that's tender, flavorful, and infused with creamy richness.

Building the Creamy Sauce

Cooking the Aromatics

Onions sautéed in butter provide a sweet base for the sauce. Garlic is added next, cooking until fragrant to avoid bitterness. These aromatics build depth, making the sauce layered rather than flat. Cooking them in the same skillet before transferring to the baking dish ensures the flavors are absorbed into the sauce. These steps only take minutes but create a foundation that balances the cream cheese's richness with savory undertones and slight sweetness.

Melting the Cream Cheese

Softened cream cheese is cut into pieces and added with chicken broth, Italian seasoning, and red pepper flakes. It melts slowly, blending into the broth until smooth and creamy. Stirring patiently helps avoid lumps, and within minutes, the sauce thickens naturally. The Italian herbs add fragrance, while the pepper flakes give gentle heat. The sauce becomes velvety yet light enough to coat pasta or rice without being too heavy. This balance is what makes it irresistible.

Combining Chicken and Sauce

Layering the Dish

Once the sauce is ready, chicken pieces are arranged in a baking dish and covered with the creamy mixture. As the dish bakes, the flavors meld together. The chicken cooks through while absorbing garlic, onion, and cream cheese flavors. The sauce bubbles gently in the oven, thickening further and clinging to the chicken. This layering technique ensures that every part of the dish develops flavor, transforming simple ingredients into a cohesive, comforting main course.

Adjusting Seasoning

Before serving, the sauce should be tasted and adjusted. A pinch of salt or pepper can sharpen flavors, while extra Italian seasoning adds fragrance. If the sauce is too thick, a splash of chicken broth can thin it to your liking. These adjustments ensure the dish is personalized to your taste.

Once finished, the chicken comes out tender and coated in creamy garlic herb sauce, ready to serve with sides that soak up its richness.

Serving Options

Perfect Pairings

This baked chicken pairs beautifully with pasta. Penne, spaghetti, or fettuccine absorb the creamy sauce well. Rice is another excellent base, soaking up flavors while providing a soft, fluffy contrast. Mashed potatoes create a hearty pairing, especially on colder evenings. Each base transforms the dish slightly, but all highlight the creamy sauce. Garlic bread or rolls on the side complete the meal, perfect for scooping up the last bit of sauce from the plate.

Adding Freshness

Because the dish is rich, lighter sides balance the flavors. A crisp salad with vinaigrette cuts through creaminess, while steamed vegetables like broccoli, carrots, or green beans add nutrition and texture. Fresh parsley sprinkled on top offers color and brightness. A squeeze of lemon juice just before serving can add acidity that contrasts the sauce. These additions keep the dish from feeling too heavy and make it versatile for different occasions.

Variations and Add-Ins

Mixing in Vegetables

Vegetables can be baked directly in the dish to add flavor and nutrients. Mushrooms bring earthiness, spinach adds freshness, and bell peppers provide sweetness. By baking them alongside the chicken, they absorb the creamy garlic sauce and blend seamlessly into the meal. This variation makes the recipe more colorful and complete while maintaining its comforting feel. Adding vegetables turns the dish into a one-pan dinner that needs little else on the table.

Protein Alternatives

Although chicken breasts are classic, other proteins work just as well. Chicken thighs offer juicier texture, while shrimp gives a seafood twist. For a lighter or vegetarian option, baked tofu or roasted chickpeas can be used. These proteins take on the creamy sauce flavors beautifully, proving the recipe's flexibility. Each version provides a unique spin while keeping the creamy, garlicky sauce as the centerpiece. It's a recipe that adapts easily to preferences and dietary needs.

Tips for Success

Prepping Ahead

Microwaving cream cheese before using makes it melt faster and blend smoothly into the sauce. Cutting it into smaller pieces saves time during cooking. Pre-chopping onions and garlic also streamlines prep. Seasoning chicken ahead ensures the meat is flavorful and ready to bake. With these quick steps, the recipe comes together effortlessly. This makes it ideal for weeknights when you want something comforting without spending hours in the kitchen.

Storing and Reheating

Leftovers can be stored in an airtight container in the fridge for up to three days. To reheat, warm gently in the oven or on the stove with a splash of broth to keep the sauce creamy. Avoid reheating on high heat, as it may separate the sauce. For longer storage, freeze the chicken separately from the sauce, then thaw and reheat before combining. These steps keep the dish tasting just as good the next day.

Frequently Asked Questions

Can I make this with chicken thighs instead of breasts?

Yes, thighs are juicier and more forgiving when baking. They work perfectly and absorb the sauce well.

How do I thin the sauce if it's too thick?

Add a splash of chicken broth while stirring until it reaches the consistency you want.

Can I make it spicier?

Yes, add more crushed red pepper flakes or even cayenne pepper for extra heat.

What sides go best with this chicken?

Pasta, rice, or mashed potatoes are classic. For lighter options, pair with salad or steamed vegetables.

Is this similar to other baked chicken recipes?

It shares comfort with dishes like [Baked Melt In Your Mouth Chicken](#), but the cream cheese sauce gives it unique richness.

Conclusion

Baked cream cheese chicken recipe is a comforting dinner that blends juicy chicken with a creamy garlic herb sauce. It uses pantry staples, requires little effort, and delivers big flavor. Baking lets the chicken absorb the sauce, creating a dish that's rich, tender, and versatile. Served with pasta, rice, or vegetables, it becomes a complete meal. Whether you make it for a weeknight dinner or a family gathering, this recipe proves that simple ingredients can create something special.