

SIDE DISH

Elegant Stuffed Chicken and Asparagus Bundles

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	40 min	55 min	2	\$5.64	1,100 kcal



Elegant Stuffed Chicken and Asparagus Bundles might be a good recipe to expand your side dish recipe box. This recipe serves 2. One portion of this dish contains roughly 76g of protein, 53g of fat, and a total of 1115 calories.

Ingredients

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| ☐ 12 asparagus spears, trimmed | ☐ 2 slices thick sliced bacon |
| ☐ ½ cup grated carrot | ☐ 4 ribs celery, minced |
| ☐ 1 cup cubed corn bread | ☐ 1 tablespoon finely minced garlic |
| ☐ 6 large mushrooms, chopped | ☐ ½ cup freshly grated Parmesan cheese |
| ☐ ½ red onion, chopped | ☐ 2 servings Salt and pepper to taste |
| ☐ 16 ounce skinless, boneless chicken breast halves | ☐ 2 tablespoons vegetable oil |

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Spray a small baking dish with cooking spray and set aside.
- 2 Heat vegetable oil in a skillet over medium heat. Stir in the onions and garlic; cook for 1 minute.
- 3 Add the celery, carrot, and mushrooms; cook until the vegetables have softened. Stir in the cornbread and Parmesan cheese. Season to taste with salt and pepper, then set aside.
- 4 Lay the chicken breasts flat on a work surface. Create a pocket in each breast by using a paring knife to make a horizontal cut down one side; making sure not to cut all the way through. Stuff the breasts with enough cornbread mixture to make them quite plump.
- 5 Sprinkle with salt and pepper, then place into the prepared baking dish.
- 6 Bake in preheated oven until a thermometer inserted into the center of the stuffing reads 160 degrees F (70 degrees C), about 45 minutes.
- 7 While the chicken is cooking, divide the asparagus spears into two, 6-piece portions, and wrap each bundle with a slice of bacon.
- 8 Place into a shallow baking dish, and bake along with the chicken during the final 20 minutes. The asparagus should be soft, and the bacon crisp when done.
- 9 To serve, slice the breasts on the diagonal into 1/4-inch slices. Fan the slices out into a half-moon shape on one side of the plate, and place an asparagus bundle on the other.

Nutrition per serving

1,100

KCAL

74 g

PROTEIN

53 g

FAT

83 g

CARBS

Saturated Fat	16.6 g · 104% of daily needs
Fibre	8.2 g · 33% of daily needs
Sugar	25.9 g · 29% of daily needs
Sodium	1,935 mg · 84% of daily needs
Cholesterol	258 mg · 86% of daily needs
Vitamin C	17.3 mg · 21% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/elegant-stuffed-chicken-and-asparagus-bundles-148442](https://www.whatsheate.com/elegant-stuffed-chicken-and-asparagus-bundles-148442)