JANE SMITH LIFESTYLE

French Onion Stuffed Chicken

Prep: 20 min | Cook: 35 min | Serves: 4



French onion stuffed chicken has the rich flavor of French onion soup tucked inside a juicy chicken breast. Caramelized onions, melted Gruyère, and a simple pan sauce make it look impressive without requiring complicated techniques.

Ingredients

- 2 tbsp butter
- 2 large yellow onions, thinly sliced
- 1/2 tsp kosher salt, plus more for chicken
- 1 tsp fresh thyme leaves or 1/2 tsp dried thyme
- 1 tbsp balsamic vinegar
- 4 large boneless skinless chicken breasts
- 1 cup shredded Gruyère or Swiss cheese
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 cup beef broth
- 1 tsp Worcestershire sauce

Directions

1. Heat oven to 375°F.
2. Melt butter in an oven-safe skillet over medium-low heat. Add onions and 1/2 tsp salt. Cook 20–25 minutes, stirring often, until deeply golden. Stir in thyme and balsamic vinegar; cook 1 minute. Transfer half the onions to a bowl.
3. Cut a deep pocket in the side of each chicken breast without cutting all the way through. Fill each with

reserved onions and cheese. Secure with toothpicks if needed.

4. Season chicken with garlic powder, pepper, and a light sprinkle of salt.
5. Add olive oil to the skillet with the remaining onions. Sear chicken 3–4 minutes per side.
6. Add broth and Worcestershire around the chicken. Transfer skillet to oven and bake 15–20 minutes, until chicken reaches 165°F.
7. Spoon onions and pan sauce over the chicken before serving.

Jane's Note

Use a sharp paring knife to make a wide pocket while keeping the back and sides intact.

Storage: Refrigerate up to 3 days. Reheat gently, covered, to prevent the chicken from drying out.

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