



# **Bacon Chicken Alfredo English Muffins**



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## Introduction

Bacon Chicken Alfredo English Muffins are a delicious and satisfying meal that combines the creamy richness of Alfredo sauce with the savory flavors of bacon and chicken, all nestled on a toasty English muffin. This dish is perfect for a quick lunch or dinner, providing comfort food goodness in every bite. The recipe is simple and can be customized to suit your preferences, making it an ideal option for busy weeknights.

## Detailed Ingredients with measures

Chicken breast - 2 boneless, skinless pieces

Bacon - 6 strips

Alfredo sauce - 1 cup

English muffins - 2

Garlic powder - 1 teaspoon

Italian seasoning - 1 teaspoon

Salt - to taste

Pepper - to taste

Shredded mozzarella cheese - 1 cup

## Prep Time

The preparation time for Bacon Chicken Alfredo English Muffins is approximately 15 minutes. This includes gathering the ingredients and cutting the chicken and bacon.

## Cook Time, Total Time, Yield

The cooking time is around 20 minutes. Therefore, the total time to prepare this dish, including both prep and cooking, is about 35 minutes. This recipe yields 2 servings, making it perfect for a meal for two or a satisfying snack.



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# Detailed Directions and Instructions

## Step 1: Prepare the Muffins

Begin by slicing the English muffins in half. Toast them in a toaster or under a broiler until they are golden brown and crispy.

## Step 2: Cook the Bacon

In a skillet, cook the bacon over medium heat until it is crispy. Once done, remove it from the pan and place it on a paper towel to drain excess grease.

## Step 3: Prepare the Chicken

In the same skillet, remove excess bacon grease, leaving about 1 tablespoon. Add diced chicken breast to the skillet and season with salt and pepper. Cook the chicken until it is no longer pink and cooked through, approximately 6-8 minutes.

See also [Jelly Cheesecake](#)

## Step 4: Make the Alfredo Sauce

Once the chicken is cooked, add garlic and cook for 1 minute until fragrant. Then, pour in heavy cream and bring it to a gentle simmer. Stir in grated Parmesan cheese and let it melt, creating a creamy alfredo sauce.

## Step 5: Combine the Ingredients

Crumble the cooked bacon into the alfredo sauce and mix well. Remove from heat once combined.

### **Step 6: Assemble the Muffins**

Spoon the bacon and chicken alfredo mixture generously over each toasted English muffin half.

### **Step 7: Add Toppings**

Top the English muffin halves with additional grated Parmesan cheese and freshly ground black pepper, if desired.

### **Step 8: Serve**

Serve immediately while warm, allowing the flavors to meld beautifully.

## **Notes**

### **Note 1: Bacon Alternative**

Turkey bacon can be used as a lower-fat alternative if preferred.

### **Note 2: Chicken Substitution**

Leftover rotisserie chicken can be a convenient substitute for fresh chicken in this recipe.

### **Note 3: Sauce Thickness**

For a thicker sauce, simmer longer to reduce the liquid or add more Parmesan cheese until the desired consistency is reached.

### **Note 4: Serving Size**

This recipe can easily be doubled if serving a larger crowd.

**Note 5: Storage**

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave before serving.



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# Cook techniques

## Grilling Chicken

Grilling chicken adds a smoky flavor and creates a nice char on the outside while keeping the inside juicy. Ensure your grill is preheated and oiled to prevent sticking.

## Cooking Bacon

Cooking bacon can be done in a skillet or oven. Skillet cooking allows for easy monitoring and flipping, while baking in the oven ensures even cooking and less mess.

See also [Delicious Homemade Breakfast Sausage Recipe](#)

## Preparing Alfredo Sauce

Alfredo sauce is typically made by melting butter and creamy ingredients together. Adding garlic enhances the flavor, and combining with freshly grated Parmesan creates a rich texture.

## Toasting English Muffins

Toasting English muffins gives them a crispy texture and enhances their flavor. A toaster or a skillet can be used to achieve the perfect golden-brown crust.

## Assembling the Dish

Layering is key in this recipe. Start with the toasted English muffin, then add the Alfredo sauce, topped with grilled chicken and crispy bacon for a balanced and delicious meal.

## FAQ

**Can I use store-bought Alfredo sauce?**

Yes, using store-bought Alfredo sauce can save time. Look for a high-quality brand for the best flavor.

**What can I substitute for bacon?**

Turkey bacon or cooked pancetta can be used as alternatives to traditional bacon if you prefer a leaner option.

**How do I make this dish healthier?**

To make this dish healthier, consider using whole wheat English muffins and reduced-fat Alfredo sauce.

**Can I prepare the components in advance?**

Yes, you can grill the chicken and cook the bacon in advance. Just reheat them when you're ready to assemble the dish.

**What sides pair well with this dish?**

A simple green salad or steamed vegetables can complement this dish nicely and add some freshness to the meal.



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## Conclusion

This Bacon Chicken Alfredo English Muffins recipe is a delicious and satisfying dish that brings the classic flavors of Alfredo together with the convenience of English muffins. It's perfect for a quick lunch or a savory snack, and the combination of crispy bacon, tender chicken, and creamy sauce makes it irresistible. Enjoy this easy-to-make recipe that is sure to please everyone at your table!

See also [Miso Soup with Salmon](#)

## More recipes suggestions and combination

### **BBQ Chicken and Pineapple English Muffins**

Combine shredded BBQ chicken with pineapple chunks for a sweet and tangy twist on your English muffins.

### **Buffalo Cauliflower English Muffins**

Top English muffins with roasted buffalo cauliflower and a drizzle of ranch dressing for a spicy vegetarian option.

### **Tuna Melt English Muffins**

Make a classic tuna melt by mixing canned tuna, mayonnaise, and cheese, then broiling it on top of English muffins.

### **Chili Cheese Dog English Muffins**

Load English muffins with chili, diced hot dogs, and shredded cheese for a fun and hearty meal.

**Italian Caprese English Muffins**

Layer fresh mozzarella, tomatoes, and basil on English muffins drizzled with balsamic glaze for a refreshing dish.



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